

Monday		Tuesday		Wednesday		Thursday		Friday	
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8:00-4:30—Cardio Room		8:00-4:30- Cardio Room		8:00-4:30-Cardio Room		8:00-4:30-Cardio Room		8:00-11:30-Cardio Room	
9:00-Range of Motion*		9:00- Mat Yoga		9:00-Range of Motion*		8:30– Pilates*		8:15– Range of Motion	
10:00- Aerobics*		10:00- Chair Yoga		10:00- Aerobics*		9:00- Mat Yoga*		9:15- Range of Motion*	
11:00- Range of Motion		12:00– Beginner Line Dance		11:00- Range of Motion		9:00- Monroe Mall Walkers		10:15- Aerobics*	
12:00– Tai Chi		4:30- Zumba Gold		12:30- Intermediate Line Dance		10:00- Chair Yoga*		11:15- Drums Alive	
12:00– Terminology Review & Intermediate Line Dance (Dickerson Community Center)				3:15–Tai Chi		12:00– Beginner Line Dance			
3:15- Drums Alive						3:00– Zumba Gold			