

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