



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00-10:00AM <b>Zumba</b> <b>Savanah</b>
	9:15-10:05AM <b>Senior Fit</b>		9:15-10:05AM <b>Senior Fit</b>		9:15-10:15AM <b>Senior Fit</b>	
	5:30-6:30PM <b>YOGA</b> <b>Tracey</b>	5:00-5:55PM <b>Spin</b> <b>Barbara</b>	5:30-6:30PM <b>Zumba</b> <b>Dottie</b>	5:00-5:55PM <b>Spin</b> <b>Barbara</b>		
	6:30 – 7:30PM <b>Step and Sulpt</b> <b>Savanah</b>	6:05-6:55PM <b>Muscles in Motion</b> <b>Barbara</b>		6:05-6:55PM <b>Body Sculpt</b> <b>Rych</b>		
				7:05-8:00PM <b>Zumba</b> <b>Dottie</b>		

**OPTIMAL GYM: WHERE MEMBERS BECOME FRIENDS**

**Rules/Reminders:** Any class with fewer than three (3) participants will be cancelled. Warm-up and cool downs are important parts of your workout. Please be on time and return all equipment to its proper place. Inform your instructor if you are new to the class, pregnant or if you have any limitations.

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Open 8:00am-9pm Mon. – Fri (24 hours), Sat. 8am-4pm, Sun. 8am-4pm