



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00-10:00 Zumba Savanah
	9:15-10:05am Senior Fit		9:15-10:05am Senior Fit		9:15-10:15am Senior Fit	
	5:30-6:30 Strong by Zumba Savanah	5:00-5:55pm Spin Barbara	5:30-6:30pm Zumba Dottie	5:00-5:55pm Spin Barbara		
	6:30 – 7:30pm Yoga Tracey	6:05-6:55pm Muscles in Motion Barbara	6:30 – 7:30pm Strong by Zumba Donna	6:00 – 7:00pm Zumba Dottie		
				7:00 – 8:00pm Yoga Tracey		

**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.

**“SPONSOR A BUDDY” PROGRAM**

Receive one **FREE MONTH** for REFERRING A FRIEND who agrees to join for an annual membership.  
For more details, please contact: Front Desk

**OPTIMAL GYM APPAREL AVAILABLE**