

FITNESS & AQUATIC CENTER

Class Schedule



Turnstone

current as of 1.23.2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Silver Sneakers Classic 9:00 - 9:45 AM <i>Group Exercise Room 1</i>	Get Fit 9:00 - 9:45 AM <i>Group Exercise Room 1</i>	Aqua Balance 10:00-10:30 AM <i>Plassman Pool</i>	Silver Sneakers Classic 9:00 - 9:45 AM <i>Group Exercise Room 1</i>	Silver Sneakers Yoga 9:00 - 9:45 AM <i>Group Exercise Room 1</i>
Rock Steady Boxing 10:00 - 11:30 AM <i>Fieldhouse</i>	Chair Dance 10:00 - 10:45 AM <i>Group Exercise Room 1</i>	Rock Steady Boxing 10:00 - 11:30 AM <i>Fieldhouse</i>	Balance Class 11:00 - 11:30 AM <i>Group Exercise Room 1</i>	Silver Sneakers Splash 11:00 - 11:45 AM <i>Plassman Pool</i>
	Mind & Body Yoga 11:00-11:45 AM <i>Group Exercise Room 1</i>		Rock Steady Boxing High Intensity 1:30 - 2:30 PM <i>Fieldhouse</i>	
Aquacise 1:30 - 2:30 PM <i>Plassman Pool</i>	Rock Steady Boxing 3:00 - 4:30 PM <i>Fieldhouse</i>		Rock Steady Boxing 3:00 - 4:30 PM <i>Fieldhouse</i>	