

# Class Schedule



current as of 3.19.2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Silver Sneakers Classic <b>9:00 - 9:45 AM</b> <i>Group Exercise Room 1</i></p>	<p>Get Fit <b>9:00 - 9:45 AM</b> <i>Group Exercise Room 1</i></p>	<p>Aqua Balance <b>10:00-10:30 AM</b> <i>Plassman Pool</i></p>	<p>Silver Sneakers Classic <b>9:00 - 9:45 AM</b> <i>Group Exercise Room 1</i></p>	<p>Silver Sneakers Yoga <b>9:00 - 9:45 AM</b> <i>Group Exercise Room 1</i></p>
<p>Rock Steady Boxing <b>10:00 - 11:30 AM</b> <i>Fieldhouse</i></p>	<p>Chair Dance <b>10:00 - 10:45 AM</b> <i>Group Exercise Room 1</i></p>	<p>Rock Steady Boxing <b>10:00 - 11:30 AM</b> <i>Fieldhouse</i></p>	<p>Balance Class <b>11:00 - 11:30 AM</b> <i>Group Exercise Room 1</i></p>	<p>Silver Sneakers Splash <b>11:30 AM - 12:15 PM</b> <i>Plassman Pool</i></p>
	<p>Mind &amp; Body Yoga <b>11:00-11:45 AM</b> <i>Group Exercise Room 1</i></p>		<p>Rock Steady Boxing <i>High Intensity</i> <b>1:30 - 2:30 PM</b> <i>Fieldhouse</i></p>	
<p>Aquacise <b>1:30 - 2:30 PM</b> <i>Plassman Pool</i></p>	<p>Rock Steady Boxing <b>3:00 - 4:30 PM</b> <i>Fieldhouse</i></p>		<p>Rock Steady Boxing <b>3:00 - 4:30 PM</b> <i>Fieldhouse</i></p>	