

Adult Fitness & Dance Programs

TIME	CLASS	INSTRUCTOR
MONDAYS		
8:00 a.m.	Heavy Free Weights	Ria Bell
9:00 a.m.	Moving Core, Stretch & Strength	Marta Durban
9:00 a.m.	Tony's Chair Stretch & Weights	Tony Petrella
10:00 a.m.	Cardio Line Dance	Mary Ervin
12:00 p.m.	Line Dance, Jollysteppers	Mary Ervin
5:45 p.m.	Total Body Conditioning with Weights	Frances Rourke
7:00 p.m.	Yoga (Advanced)	Vanessa Welch
TUESDAYS		
8:00 a.m.	Cardio Mix with Weights	Sandy Wilson
9:00 a.m.	Free Weights, Shape and Strengthen	Marta Durban
10:00 a.m.	Chair Volleyball (Sporting Fun)	Marlin Cheyney
10:00 a.m.	Tai Chi	Bruce Bradley
11:00 a.m.	Wii Bowling	Marlin Cheyney
WEDNESDAYS		
8:00 a.m.	Zumba Gold	Mary Ervin
8:00 a.m.	Total Body Workout	Ria Bell
9:00 a.m.	Tony's Stretch & Chair	Tony Petrella
9:00 a.m.	Core Strength & Stretch	Sherri Soble
10:00 a.m.	Cardio Line Dance	Mary Ervin
10:00 a.m.	Beg. Exercise & Chair Yoga	Sandy Hull
5:45 p.m.	Heavy Free Weights	Julie Panzera
6:00 p.m.	Beg. Yoga	Sherri Soble
THURSDAYS		
8:00 a.m.	Drumming Stick Exercise	Sandy Wilson
9:00 a.m.	Free Weights, Shape & Strength	Marta Druban
10:00 a.m.	Chair Volleyball (Sporting Fun)	Marlin Cheyney
10:00 a.m.	Tai Chi Balance class	Bruce Bradley
11:30 a.m.	Gingersnaps (Adult Tap)	Carol Long
11:00 a.m.	Wi Bowling	Marlin Cheyney
FRIDAYS		
8:00 a.m.	Total Body Sculpting & Firming	Ria Bell
9:00 a.m.	Free Weights, Shape & Strength	Marta Druban
10:00 a.m.	Therapy Stretch	Marlin Cheyney
5:45 p.m.	Heavy Free Weights	Gayna Gilbert
SATURDAYS		
9:00 a.m.	Yoga, All Levels	Vanessa Welch

Membership and Activity pass of \$30 per 6 months is required to take classes listed above.
Resident membership \$15 per year. Non-resident \$25 per year.