

Community Wellness / Cardiac Rehabilitation Class Schedule

(Availability of room may vary. Call 382-7116 to verify. Grayed areas indicate open times)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am – 6:30am Fit 4 Life	6:00am – 6:45am Women on Weights	5:45am – 6:30am Fit 4 Life	6:00am – 6:45am Women on Weights	5:45am – 6:30am Fit 4 Life
6:45am – 7:45am Fit 4 Life	7:30am – 8:15am Women on Weights	6:45am – 7:45am Fit 4 Life	7:30am – 8:15am Women on Weights	6:45am – 7:45am Fit 4 Life
8:00am – 9:00am Fit 4 life	9:00am – 10:00am Fit 4 Life	8:00am -9:00am Fit 4 Life	9:00am – 10:00am Fit 4 Life	8:00am – 9:00am Fit 4 Life 9:00am – 9:45am Chair Yoga
9:30am - 10:30am Cardiac Rehab	10:15am – 11:15am Fit 4 Life	9:30am – 10:30am Cardiac Rehab	10:15am – 11:15am Fit 4 Life	9:30am – 10:30am Cardiac Rehab 10:00am – 10:50am Peaceful Yoga
10:45am – 11:45am Cardiac Rehab		10:45am – 11:45am Cardiac Rehab		10:45am – 11:45am Cardiac Rehab
4:00-4:45pm Women on Weights	4:00-4:45pm Women on Weights	4:00-4:45pm Women on Weights	4:00-4:45pm Women on Weights	
5:15 - 6:15pm Fit 4 Life 5:15 – 6:15pm Yoga		5:15 - 6:15pm Fit 4 Life	5:15 – 6:15pm Yoga	