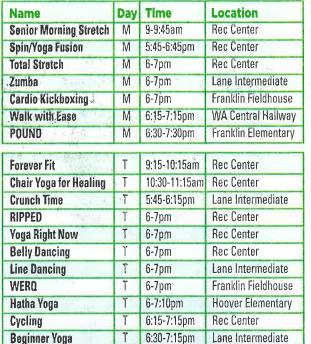
Adult Fitness at a Glance

January - May 2019



Name	Day	Time	Location
Chair Yoga Seniors	W	9-9:45am	Rec Center
Total Stretch	W	6-7pm	Rec Center
Walk with Ease	W	6:15-7:15pm	WA Central Hallway
Cycling	W	6:30-7:30pm	Rec Center
POUND	W	6:30-7:30pm	Franklin Elementary
Morning Stretch	Th	8:15-8:45am	Rec Center
Zumba Gold Toning	Th	9-9:45am	Rec Center
RIPPED	Th	6-7pm	Rec Center
Perfect Balance	Th	6-7pm	Rec Center
Define: BUTZ/GUTZ	Th	6-7pm	Lane Intermediațe
Zumba	Th	6-7pm	Irving Gym
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Cycling	Sat	9-9:45am	Rec Center

