



**Health & Fitness**  
**Winter 2008-09**  
 (revised 12/29/08)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio/Tone</b> 9:30 AM Nancy	<b>Silver/Sneakers</b> <b>Gentle Strength</b> 8:30 AM Nancy	<b>Step/Tone</b> 9:00 AM Chris	<b>Total Body</b> 9:30 AM <b>SALLY</b>	<b>Total Body Conditioning</b> 9:30 AM Chris	<b>Power Step</b> 8:30 AM Nancy
<b>Cycling</b> 9:45 AM Jackie	<b>Total Body</b> 9:30 AM Chris	<b>Yoga</b> 10:30 AM Heidi	<b>Cycling</b> 9:45 AM Nancy		<b>Cycling</b> 8:30 AM Jackie
<b>Yoga</b> 11:00 AM Donna		<b>Yoga</b> 6:00 PM Donna		<b>Kid's Fitness</b> 4:30 PM Jackie	
<b>Total Body Conditioning</b> 7:00 PM Chris		<b>Power Step</b> 7:00 PM Nancy	<b>Step/Tone</b> 7:00 PM Chris		