

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am Silver Sneakers CLASSIC Elizabeth	9:00-10:00am Silver Sneakers YOGA Chelsey	9:00-10:00am Silver Sneakers BOOTCAMP Elizabeth	9:00-10:00am Silver Sneakers CARDIO Elizabeth	9:00-10:00am Silver Sneakers DANCE Chelsey		
10:00-11:00am Silver Sneakers CLASSIC Elizabeth	10:00-11:00am Silver Sneakers DANCE Chelsey	10:00-11:00am Silver Sneakers BOOTCAMP Elizabeth	10:00-11:00am Silver Sneakers YOGA Elizabeth			



Fall 2018 SILVER SNEAKERS CLASS DESCRIPTIONS