

FAC WEEKLY FITNESS AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
5:15a Body Shred	7:30a Hatha Yoga	5:15a Body Shred	7:15a Early Dippers*	5:15a Body Shred
7:15a Early Dippers *		7:15a Early Dippers*	7:30a Hatha Yoga	8:15a Strength Works
8:15a Strength Works	9:00a Deep Water*	8:15a Strength Works	8:30a PiYo Flow	9:00a Cardiodelites*
9:00a Cardiodelites*	9:00a Silver Sneakers	9:00a Cardiodelites*	9:00a Deep Water*	9:15a Step Aerobics
9:00a Silver Sneakers	9:15a Piloxing	9:00a Silver Sneakers	9:00a Silver Sneakers	10:00a Silver Splash*
9:30a HIIT Me Fit	9:30a Hatha Yoga	9:15a ZUMBA ®		11:00a Willing Wonders*
9:15a Hatha Yoga	10:00a Silver Splash*	9:15a Yoga Ball	9:15a Piloxing	
10:00a Silver Splash*	11:00a Snr/Rejuv. Yoga	10:00a Silver Splash*	9:30a Hatha Yoga	Saturday
11:00a Willing Wonders *	11:00a Arthritis Aqua*		10:00a Silver Splash*	8:00a Hatha Yoga
		11:00a Willing Wonders*	11:00a Snr/Rejuv. Yoga	9:00a Ashtanga Yoga
	5:30p Yoga w/ Frank		11:00a Arthritis Aqua* .	9:00a Saturday Sizzlers*
5:45p NIA	6:00p Cardiodelites*		12:00p Belly Dancing	
	7:00p CardioCombo	5:00p Mindful Yoga	5:30p Yoga w/ Frank	
6:00p ZUMBA ®	7:00p Cardiodelites*	5:30p Foam Rolling	6:00p Cardiodelites*	
6:00p Cardiodelites*			6:30p Barre Class	
7:00p Piloxing		6:00p Cardio Kickboxing	7:00p Cardio Combo	
		7:00p Strength Works	7:00p Cardiodelites*	

*Aqua Fitness Class

<p>Nursery Hours: Monday - Friday 8:30 am - 11 am Summer hours 8:30 am - 12 noon Monday - Thursday 5 - 8 pm Nursery is for children ages 7 & under</p> <p>FAC Members: FREE Non-Members: \$3</p>

<p>Class Fee: FAC Members: FREE</p> <p>Non-members: Yoga \$8 All other classes \$6</p> <p>Senior Discount - \$1 off per class</p>
