

## FAC WEEKLY FITNESS AT A GLANCE

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

\*Aqua Fitness Class

<p><b>Nursery Hours: Monday - Friday 8:30 am - 11 am</b>  <b>Summer hours 8:30 am - 12 noon</b>  <b>Monday - Thursday 5 - 8 pm</b>  <b>Nursery is for children ages 7 &amp; under</b></p> <p><b>FAC Members: FREE    Non-Members: \$3</b></p>
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<p><b>Class Fee:      FAC Members: FREE</b></p> <p><b>Non-members: Yoga \$8      All other classes \$6</b></p> <p>Senior Discount - \$1 off per class</p>
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