

Fitness and Strength Training Class Schedule

MON	TUE	WED	THU	FRI
<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="padding: 5px; text-align: center;">SilverSneakers® Classic</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:15 am</div> <div style="padding: 5px; text-align: center;">Chair Volleyball</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="padding: 5px; text-align: center;">SilverSneakers® Classic</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">All Day</div> <div style="padding: 5px; text-align: center;">CLOSED</div>	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="padding: 5px; text-align: center;">SilverSneakers® Classic</div>
<div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:15 am</div> <div style="padding: 5px; text-align: center;">Chair Volleyball</div>	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">11:45 am - 12:30 pm</div> <div style="padding: 5px; text-align: center;">Chair Yoga</div>	<div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:15 am</div> <div style="padding: 5px; text-align: center;">Chair Volleyball</div>		<div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:15 am</div> <div style="padding: 5px; text-align: center;">Chair Volleyball</div>
<div style="background-color: #333; color: white; padding: 5px; text-align: center;">1:30 - 2:30 pm</div> <div style="padding: 5px; text-align: center;"> Line Dancing <i>first and second Mondays of the month</i> </div>	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">12:45 - 1:30 pm</div> <div style="padding: 5px; text-align: center;">Barre/Pilates Mix</div>			
<div style="background-color: #333; color: white; padding: 5px; text-align: center;">3:00 - 3:30 pm</div> <div style="padding: 5px; text-align: center;">Drum Stix</div>				

- Classes offered in the Village Square Fitness Studio
- Classes offered in the Village Commons Community Room
- Classes offered in the Village Square Strength Training Studio for Robust Upgrade participants only