

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="background-color: #e6e6e6; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:30 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Better Balance and Strength</div> | <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">SilverSneakers® Classic</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:30 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Better Balance and Strength</div> | <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">SilverSneakers® Classic</div> |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">9:00 - 9:45 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Flex n' Flow</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">10:00 - 11:15 am</div> <div style="background-color: #e6e6e6; padding: 10px; 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="background-color: #e6e6e6; padding: 10px; 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="background-color: #e6e6e6; padding: 10px; 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="background-color: #e6e6e6; padding: 10px; 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="background-color: #e6e6e6; padding: 10px; 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="background-color: #e6e6e6; padding: 10px; text-align: center;">Chair Yoga</div> | <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">11:00 - 11:45 am</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Flex n' Flow</div> | <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">11:45 am - 12:30 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Chair Yoga</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">11:30 am - 12:00 noon</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Tai Chi Meditation-in-Motion</div> |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">11:30 - 12:00 noon</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Tai Chi Meditation-in-Motion</div> | <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;">12:45 - 1:30 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Barre/Pilates Mix</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">11:30 am - 12:00 noon</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Cardio Kickboxing</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">2:15 - 3:00 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Karate for Wellness</div> | <div style="background-color: #c00; color: white; padding: 5px; text-align: center;">2:00 - 2:45 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Group Training</div> |
| <div style="background-color: #c00; color: white; padding: 5px; text-align: center;">2:00 - 2:45 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Group Training</div> | <div style="background-color: #333; color: white; padding: 5px; text-align: center;">2:15 - 3:00 pm</div> <div style="background-color: #e6e6e6; padding: 10px; text-align: center;">Karate for Wellness</div> | | | |
| <div style="background-color: #333; color: white; padding: 5px; text-align: center;">3:00 - 3:45 pm</div> <div style="background-color: #e6e6e6; padding: 10px; 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