

Fitness and Strength Training Class Schedule

MON	TUE	WED	THU	FRI
<div style="background-color: #4a7ebb; color: white; padding: 5px;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Functional Fitness</div>	<div style="background-color: #333; color: white; padding: 5px;">9:00 - 9:30 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Better Balance and Strength</div>	<div style="background-color: #4a7ebb; color: white; padding: 5px;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Functional Fitness</div>	<div style="background-color: #333; color: white; padding: 5px;">9:00 - 9:30 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Better Balance and Strength</div>	<div style="background-color: #4a7ebb; color: white; padding: 5px;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Functional Fitness</div>
<div style="background-color: #333; color: white; padding: 5px;">9:00 - 9:45 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Flex n' Flow</div>	<div style="background-color: #333; color: white; padding: 5px;">10:00 - 11:15 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Chair Volleyball</div>	<div style="background-color: #333; color: white; padding: 5px;">10:00 - 11:15 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Chair Volleyball</div>	<div style="background-color: #333; color: white; padding: 5px;">10:00 - 11:15 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Chair Volleyball</div>	<div style="background-color: #333; color: white; padding: 5px;">10:00 - 11:15 am</div> <div style="background-color: #f2f2f2; padding: 10px;">Chair Volleyball</div>
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<div style="background-color: #333; color: white; padding: 5px;">11:30 - 12:00 noon</div> <div style="background-color: #f2f2f2; padding: 10px;">Tai Chi Meditation-in-Motion</div>	<div style="background-color: #4a7ebb; color: white; padding: 5px;">12:45 - 1:30 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">Barre/Pilates Mix</div>	<div style="background-color: #333; color: white; padding: 5px;">11:30 am - 12:00 noon</div> <div style="background-color: #f2f2f2; padding: 10px;">Cardio Kickboxing</div>	<div style="background-color: #333; color: white; padding: 5px;">2:15 - 3:00 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">Karate for Wellness</div>	<div style="background-color: #e67e22; color: white; padding: 5px;">2:00 - 2:45 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">Group Training</div>
<div style="background-color: #e67e22; color: white; padding: 5px;">2:00 - 2:45 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">Group Training</div>	<div style="background-color: #333; color: white; padding: 5px;">2:15 - 3:00 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">Karate for Wellness</div>			
<div style="background-color: #333; color: white; padding: 5px;">3:00 - 3:45 pm</div> <div style="background-color: #f2f2f2; padding: 10px;">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

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