

Fitness Center Open Monday – Friday 8:30am -2:30pm

Policy: Any new member must meet with our trainer for a One on One. This is a one hour personal instruction especially for you and your needs. The fee is \$25 to be paid in cash to instructor the day of your appointment. Come for a tour and set up an appointment



All Exercise Classes are held in the Main Hall, unless otherwise announced

<p style="text-align: center;">Tuesday</p> <p>Chair Yoga with Sahr(pronounced Sah)Abu 9:00am</p> <p>Low Impact Cardio w/ Gale Jones 10:30am</p>	<p style="text-align: center;">Thursday</p> <p>Chair Yoga with Sahr(pronounced Sah)Abu 9:00am</p> <div style="text-align: center;">  <p>w/ Gale Jones 10:30am</p> </div>
<p style="text-align: center;">2nd & 4th Wednesday's</p> <p>(September 13 & 27, October 11 & 25, November 8 & 22)</p> <p>Cardio Drumming w/ Gale Jones 1:45-2:30pm</p>	<p style="text-align: center;">Every Friday (Seated or Standing) Tai Chi for Rehab w/ Janie Walker 10:00am</p> <p>3rd & 4th Friday(September 15 & 22, October 20 & 27) Tai Chi for Arthritis w/ Janie Walker 11:15am</p>

All Classes are \$3 each if you do not have any of the supplemental insurances above.
Purchase a (10) Punch Card for \$30(use for any classes, mix or match)