

# Fall Fitness Calendar



<u>Classes</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>**Senior Stretch</b>	9:00-10:00am Dayton	10:00-11:00am Ranchester		10:00-11:00am Ranchester	9:00-10:00am Dayton
<b>**Turbo Kick</b>	5:45 – 6:45 am Dayton	6:15-7:15pm Ranchester		6:15-7:15pm Ranchester	
<b>**Zumba</b>	4:30-5:30pm TRE  6:00-7:00pm Dayton	#8:45-9:45am Dayton	6:00-7:00pm Dayton	#8:45-9:45am Dayton  4:30 – 5:30pm TRE	
<b>Yoga (Class Fee Applies)</b>	Hatha Yoga 5:30-6:30pm Dayton		Vinyasa Yoga 5:00-6:00pm TRE		Yoga Tone 10:00- 11:00am Dayton
<b>**Circuit Training</b>		6:00-7:00pm Dayton		6:00-7:00pm Dayton	
<b>**Boot Camp</b>					5:45-6:30am Dayton

**\*\*Classes that are FREE with membership  
 # Childcare available during these classes**