

**MON****TUE****WED****THU****FRI****SAT****SUN***Oakway Fiit***G  
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<b>8:00am</b> <b>YOGA</b> Michael	<b>8:30am</b> <b>Lift</b> Kiger	<b>8:00am</b> <b>LIFT</b> Kristina	<b>8:00am</b> <b>Yoga</b> Lucy	<b>8:00am</b> <b>CHAIR YOGA</b> Jen	<b>8:15am</b> <b>PIYO/Warrior</b> Carrie	<b>8:30am</b> <b>Yoga</b> Deborah
<b>9:20am</b> <b>INTERVAL LIFT</b> Lara	<b>9:20am</b> <b>Power Yoga</b> Cynthia	<b>9:20am</b> <b>PIYO</b> Kristina	<b>9:20am</b> <b>Dance Cardio</b> Sofia	<b>9:20am</b> <b>CARDIO PUMP</b> Kristina	<b>9:30am</b> <b>LIFT</b> Jodi/Dana	<b>9:45am</b> <b>Zumba</b> Angie
<b>10:30am</b> <b>Yoga</b> Michael	<b>10:30am</b> <b>SILVER SNEAKERS</b> Jen	<b>10:30am</b> <b>ZUMBA</b> Johanna	<b>10:30am</b> <b>SILVER SNEAKERS</b> Jen	<b>10:30am</b> <b>Dance Cardio</b> Deborah	<b>10:45am</b> <b>Cycle</b> Erica	
<b>11:45am</b> <b>SS SENIOR FIIT</b> Deborah	<b>11:25am</b> <b>Dance</b> 35min Marianne	<b>11:45am</b> <b>SS Senior Fiit</b> Marianne		<b>11:45am</b> <b>PILATES</b> Deborah		
<b>1:30pm</b> <b>SS SENIOR DANCE</b> Robert	<b>12:15pm</b> <b>GENTLE YOGA</b> Paul	<b>1:30pm</b> <b>SS SENIOR DANCE</b> Robert	<b>12:15pm</b> <b>GENTLE YOGA</b> Paul			
<b>4:30pm</b> <b>INTERVAL LIFT</b> Vanessa	<b>4:30pm</b> <b>PIYO</b> Carrie	<b>4:30pm</b> <b>Pilates</b> Deborah	<b>4:30pm</b> <b>LIFT</b> Teresa	<b>4:30pm</b> <b>Strength/Cardio</b> Teresa		
<b>5:30pm</b> <b>CYCLE XPRESS</b> Vanessa	<b>5:30pm</b> <b>Zumba</b> Angie	<b>5:30pm</b> <b>STEP</b> Jodi				
<b>7:00pm</b> <b>YOGA</b> Nanda		<b>7:00pm</b> <b>YOGA</b> Nanda				