

CALL 336-527-7468 FOR MORE INFORMATION

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 5:30pm Cross Train	5 6:30am Cross Train 10:00am Tai Chi 5:30pm Spin	6 5:30pm Cross Train	7 6:30am Cross Train 10:00am Classic ☞ 5:30pm Spin	8	9
10	11 8:30am Senior Strength 11:00am Senior Strength 5:30pm Cross Train	12 6:30am Cross Train 10:00am Tai Chi 5:30pm Spin	13 5:30pm Cross Train	14 6:30am Cross Train 10:00am Classic ☞ 5:30pm Spin	15 8:30am Senior Strength 11:00am Senior Strength	16
17	18 8:30am Senior Strength 11:00am Senior Strength 5:30pm Cross Train	19 6:30am Cross Train 10:00am Tai Chi 5:30pm Spin	20 5:30pm Cross Train	21 6:30am Cross Train 10:00am Classic ☞ 5:30pm Spin	22 8:30am Senior Strength 11:00am Senior Strength	23
24	25 8:30am Senior Strength 11:00am Senior Strength 5:30pm Cross Train	26 6:30am Cross Train 10:00am Tai Chi 5:30pm Spin	27 5:30pm Cross Train	28 6:30am Cross Train 10:00am Classic ☞ 5:30pm Spin	29 8:30am Senior Strength 11:00am Senior Strength	30

☞ - Denotes a Silver Sneakers Class

All classes are 1 hour long and \$4/class.
 Class pass cards available for \$33 — Includes 11 classes with no expiration date.
 Spin Classes: A limited number of bikes are available. Please call in advance to reserve your spot