

# Core Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch Flexibility & Balance 9:00am-9:30am	Pump & Tone 9:00am - 9:30am	Stretch Flexibility & Balance 9:00am-9:30am	Pump & Tone 9:00am - 9:30am	Stretch Flexibility & Balance 9:00am-9:30am
Pump & Tone 9:45am-10:15am	Yoga with Elizabeth Dawson 9:30am-10:30am	Pump & Tone 9:45am-10:15am	Yoga with Elizabeth Dawson 9:30am-10:30am	Pump & Tone 9:45am-10:15am
	Parkinson's Wellness Recovery (PWR) 11:00am-12:00pm		Parkinson's Wellness Recovery (PWR) 11:00am-12:00pm	
Enhance Fitness 3:00pm-4:00pm		Enhance Fitness 3:00pm-4:00pm		Enhance Fitness 3:00pm-4:00pm

**DO something TODAY  
that your FUTURE SELF  
will THANK YOU for...**

