

Core Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch, Flexibility & Balance 8:00am-8:30am	Pump & Tone 9:00am - 9:30am	Stretch, Flexibility & Balance 8:00am-8:30am	Pump & Tone 9:00am - 9:30am	Stretch, Flexibility & Balance 8:00am-8:30am
Enhance Fitness 8:45am-9:45am	Yoga with Roma MacGregor 9:45am-10:45am	Enhance Fitness 8:45am-9:45am	Yoga with Roma MacGregor 9:45am-10:45am	Enhance Fitness 8:45am-9:45am
	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 2:00 pm - 3:00 pm	Enhance Fitness 3:00pm-4:00pm	Enhance Fitness 2:00 pm - 3:00 pm	Enhance Fitness 3:00pm-4:00pm

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

