

55+ Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am SilverSneakers Circuit Tent - Outside Andie Ghidiu	8:30am SilverSneakers Classic Tent - Outside Karen Desens	8:00am SilverSneakers Classic Tent - Outside Dylan Mariah		8:00am SilverSneakers Yoga Tent - Outside Joween Opperman
9:00am SilverSneakers Yoga Tent - Outside Andie Ghidiu	9:30am SilverSneakers Circuit Tent - Outside Karen Desens	9:00am SilverSneakers Yoga Tent - Outside Dylan Mariah	9:30am Silver&Fit Experience Tent - Outside Therese Bason	9:00am SilverSneakers Classic Tent - Outside Joween Opperman
10:00am SilverSneakers Classic Tent - Outside Kristi Jung	10:30am SilverSneakers Yoga Tent - Outside Dylan Mariah	10:00am SilverSneakers Classic Tent - Outside Kristi Jung	10:30am SilverSneakers Classic Tent - Outside Dylan Mariah	10:00am Low Impact Cardio Tent - Outside Denise DeSantis- Penwright
11:00am Zumba Gold Tent - Outside Kristi Jung	11:30am SilverSneakers Classic Tent - Outside Dylan Mariah	11:00am Zumba Gold Tent - Outside Kristi Jung	11:30am SilverSneakers Yoga Tent - Outside Dylan Mariah	

Registration for these classes is **required**. Please complete class registration with the link provided in the email, or call our office at 223-1617.

Due to our limited schedule and reduced capacity, we ask that you sign up for no more than **two classes per day**.

This new website will send you a confirmation of the classes you signed up for, and allow you to cancel or change your classes independently. If you know you will not be able to attend a class, please cancel your attendance so a space becomes available.

Website: <https://app.acuityscheduling.com/schedule.php?owner=20183672>