



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DEWITT SENIOR FITNESS SCHEDULE

SESSION

FALL2: 10/23-12/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		Yoga Basics (60) Cathy - Studio C					
8:00am					Fit & Fabulous Over 40 (30) Karen - Studio A		
8:45am			Yoga for Back & Abs (60) Tracy - Studio C				
9:00am				Strength & Balance (50) Lisa - Studio A			
10:00am	Zumba Gold (60) Margie - Studio A			Zumba Gold Toning (60) Margie - Studio A			
10:30am	Enhance Fitness (60) Tracy - St. Johns		Enhance Fitness (60) Tracy - St. Johns		Enhance Fitness (60) Tracy - St. Johns		
11:10am	**Active Older Adults (60) Rita - Studio A	**Active Older Adults (60) Lisa - Studio A		**Active Older Adults (60) Lisa - Studio A			
11:30am			**Silver Sneakers (60) Kathy - Studio A				
12:15pm	NEW! **Silver Sneakers (60) Kathy - Studio A						
1:30pm	Enhance Fitness (60) Kathy - Studio A		Enhance Fitness (60) Kathy - Studio A		Enhance Fitness (60) Kathy - Studio A		

**Indicates free classes for members
 (xx) Duration of class times in minutes
 Shaded area indicates when tot watch is available