



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEWITT SENIOR FITNESS SCHEDULE

SESSION 03/05/2018 - 05/06/2018

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 (60) Tracy - Studio C		Yoga (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		
11:00am			Beginner Spinners (40) Linda - Studio B				
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		**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