



FALL 2021 CLASS SCHEDULE (ZOOM)

M = MOBILITY CLASS

S = STRENGTH CLASS

TUES	WED	THURS	SAT	SUN
			9-10am Saturday Stretch (M)	10-10:20am Healthy Spine (M)
	12:00-12:20pm Lunchtime Tune Up (M)			10:20-10:40am Core Strength (S)
5:40-6pm Happy Hips (M)	6-6:20pm Neck & Shoulders (M)	5:40-6pm Below the Knees (M)		
6-6:20pm Glutes and Legs (S)	6:20-6:40pm Upper Body Strength (S)	6-6:20pm Balance (S)		

