

# Movement Classes

<b>Day</b>	<b>Time</b>	<b>Class</b>
<b>MONDAY</b>	9:00	SilverSneakers
	10:30	Artistry in Motion (\$3/class, nonmembers)
	1:30	Chair Volleyball
<b>TUESDAY</b>	11:00	Tai Chi
	2:30	Aerobic Line Dance
	4:00	Silver Sneakers
<b>WEDNESDAY</b>	9:00	SilverSneakers (Cardio)
	1:30	Chair Volleyball
	5:30	Gentle Yoga (\$3/class, nonmembers)
<b>THURSDAY</b>	9:00	SilverSneakers
	10:30	Artistry in Motion (\$3/class, nonmembers)
	2:30	Line Dance
<b>FRIDAY</b>	9:30	SilverSneakers (Beginner)
	10:30	Resisting Muscle Loss



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