



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7am		*SPIN w/Katti 6:15-7AM					
8-8:15	Gentle Awakening Yoga w/Gayle 8-9am			Tai Chi w/Tim 8-9am		Intro to Gymnastics Ages 5-7 8-8:45AM	
8:15-8:30							
8:30-8:45		HIIT w/Britney 8:30-9:15am	Core w/Britney 8:30-9:15am	Strength & Conditioning w/Britney 8:30-9:15am	Pilates w/Britney 8:30-9:15am	Intro to Gymnastics Ages 8-10 8:45 9:30AM	
8:45-9							
9-9:15							
9:15-9:30							
9:30-9:45	*SilverSneakers w/Debbie 9:30-10:15am	Pickleball 9:30-11:30am	*Healthy4Life w/Terri 9:30-10:30am	*SilverSneakers w/Terri 9:30-10:15am	*Healthy4Life w/Terri 9:30-10:30am	*SilverSneakers w/Michelle 9:30-10:15am	Tae Kwon Do w/Shirley 9:30-10:45am
9:45-10							
10-10:15							
10:15-10:30				Pickleball 9:30-11:30am			
10:30-10:45	*SilverSneakers w/Debbie 10:30 11:15am		*SilverSneakers w/Terri 10:30-11:15am			*SilverSneakers w/Michelle 10:30-11:15am	
10:45-11							
11-11:15				Price is Right Cardio 11am-12pm			Pickleball 11am-1pm
11:15-11:30							
11:30-11:45	*SilverSneakers w/Debbie 11:30am-12pm	*Ladies Lift Club w/Adrienne 11:30 12:30PM	Homeschool Open Gym 11:30am- 12:30pm	*SilverSneakers w/Terri 11:30am-12pm	Homeschool Open Gym 11:30am- 12:30pm	*SilverSneakers w/Michelle 11:30am-12pm	*Ladies Lift Club w/Adrienne 11:30 12:30PM
11:45-12							
12-12:15							
12:15-12:30							
No scheduled programs 12:30-3pm each day / Gymnasium & Orchid Room are available as shared space for basketball, walking, fitness, etc. unless reserved for programs or rental.							
3-4:00							
4-4:15			*Weatherbee School of Dance Ages 2-4 3-3:45PM				
4:15-4:30							
4:30-4:45			(Additional fee paid to Instructor)				
4:45-5							
5-5:15			Bootcamp w/Adrienne 5:30-6:15pm	Tae Kwon Do w/Shirley 4:30-5:45pm			
5:15-5:30							
5:30-5:45	Tabata w/Wendy 5:30-6:15pm	Britney's Beats w/Britney 5:30-6pm					
5:45-6							
6-6:15							
6:15-6:30		Intro to Boxing w/coach Jeff 6-7pm					
6:30-6:45							
6:45-7							
						USA Boxing Club w/coach Jeff 8pm	USA Boxing Club w/coach Jeff 6-8pm

* Preregistration required for Healthy4Life, SilverSneakers, Dance & Intro to gymnastics.

* Sign up recommended for Spin.

Classes subject to change. Visit our website for the most up to date schedule. www.comfitme.com

Gymnasium
 Orchid Room

Cardio Room
 Weight Rm