



Active Older Adult Classes

<u>Class</u>	<u>Instructor</u>	<u>Days of Class</u>	<u>Time</u>	<u>Location</u>
Boom-Move It	Linda	Monday	8:30-9AM	Aerobics
Boom-Muscle	Linda	Wednesday	8:30-9AM	Aerobics
Boom-Mind	Linda	Mon & Wed	9-9:30AM	Aerobics
Cardio Circuit	Linda	M-W-F	9:30-10:45AM	Gym
Silver Cycle	Connie	Fridays	9:15-10:15AM	Spin Room

***You do not need to be a Silver Sneakers Member
to enjoy these classes***