

All classes (except where specified) are included with gym membership. Non-members may purchase a class for \$5.00.

## Foust Family Fitness Class Schedule

### Hours of Operation:

Mon. – Thurs. 5:00 am – 9:00 pm  
 Friday 5:00 am – 8:00 pm  
 Saturday 8:00 am – 7:00 pm  
 Sunday 1:00 pm – 7:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Sneakers</b> 9:15 AM–10:00 AM Nancy	<b>Forever Fit</b> 10:00 AM–11:00 AM Nancy	<b>Silver Sneakers</b> 9:15 AM–10:00 AM Sandra	<b>Gentle Yoga</b> 9:00–10:00 AM Jennifer	<b>Silver Sneakers</b> 9:15–10:00 AM Lisa	<b>Power Yoga</b> 8:30 AM–9:30 AM Jennifer
<b>Silver Sneakers</b> 10:30 AM–11:30 AM Nancy	<b>Barre</b> 5:30–6:15 PM <b>Noelle</b>	<b>Silver Sneakers</b> 10:30 AM–11:30 AM Sandra	<b>Bodyshred</b> by Jillian Michaels 5:30-6:00 PM Tephanie	<b>Silver Sneakers</b> 10:30–11:30 AM Lisa	
<b>Max Muscle</b> 5:30 PM–6:30 PM Tephanie	<b>ZUMBA</b> 6:30 PM–7:15 PM Paulette	<b>Yoga</b> 5:30 PM–6:15 PM Kimmie	<b>ZUMBA</b> 6:15-7:00 PM Paulette	<b>Beginners Yoga</b> 5:30–6:30 PM Kristina	

\* Class not included with gym membership

