

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

* Class not included with gym membership

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers 9:15 AM–10:00 AM Nancy	Forever Fit 10:00 AM–11:00 AM Nancy	Silver Sneakers 9:15 AM–10:00 AM Sandra	Gentle Yoga 9:00–10:00 AM Merri	Silver Sneakers 9:15–10:00 AM Lisa	Power Yoga 8:30 AM–9:30 AM Kimmie
Silver Sneakers 10:30 AM–11:30 AM Nancy	Barre 5:30–6:15 PM Noelle	Silver Sneakers 10:30 AM–11:30 AM Sandra	Bodyshred by Jillian Michaels 5:30-6:00 PM Tephanie	Silver Sneakers 10:30–11:30 AM Lisa	
Max Muscle 5:30 PM–6:30 PM Tephanie	High Fitness 6:30 PM–7:15 PM Paulette	Yoga 5:30 PM–6:15 PM Kimmie	Barre 4:30-5:15 PM Noelle	Slow Flow Yoga 5:30–6:30 PM Kristina	
Zumba 6:45 PM–7:45 PM Paulette			High Fitness 6:15-7:00 PM Paulette		

