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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | **1*** **Silver Sneakers Muscle & Move 10AM**
* **Lower Body Blast with Derek 11AM**
* **Spinning 6PM**
 | **2*** **Spinning 5:30AM**
 | **3*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **5*** **Spinning with Kay 5:30AM**

**Zumba 6pm** | **6*** **Silver Sneakers 10 AM**
* **Upper Body Blast w/ Derek 11AM**
* **Live Fit 6PM**
 | **7*** **Spinning w/ Brett 5:30AM**
* **Silver Sneakers Yoga w/ Cindy 9AM**
* **Y-Fit 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **8*** **Silver Sneakers Muscle & Move 10AM**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 11AM**
* **Spinning 6PM**
 | **9*** **Spinning 5:30AM**
 | **10*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **12*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **13*** **Silver Sneakers 10 AM**
* **Upper Body Blast w/ Derek 11AM**
* **Live Fit 6PM**
 | **14*** **Spinning w/ Brett 5:30AM**
* **Silver Sneakers Yoga w/ Cindy 9AM**
* **Y-Fit 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **15*** **Silver Sneakers Muscle & Move 10AM**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 11AM**
* **Spinning 6PM**
 | **16*** **Spinning 5:30AM**
 | **17*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **19*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **20*** **Silver Sneakers 10 AM**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 11AM**
* **Live Fit 6PM**
 | **21*** **Spinning w/ Brett 5:30AM**
* **Silver Sneakers Yoga w/ Cindy 9AM**
* **Y-Fit 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **22*** **Silver Sneakers Muscle & Move 10AM**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 11AM**
* **Spinning 6PM**
 | **23*** **Spinning 5:30AM**
 | **24*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **26*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **27*** **Silver Sneakers 10 AM**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 11AM**
* **Live Fit 6PM**
 | **28*** **Spinning w/ Brett 5:30AM**
* **Silver Sneakers Yoga w/ Cindy 9AM**
* **Y-Fit 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **29*** **Silver Sneakers Muscle & Move 10AM**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 11AM**
* **Spinning 6PM**
 | **30*** **Spinning 5:30AM**
 | **31*** **Zumba 8:30 AM**
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