



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ADAMS GROUP FITNESS SCHEDULE

SEPT 20 – OCT 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 9:45am	Low-Impact Tone it UP (Erin/Makayla)		Low-Impact Tone it UP (Erin/Makayla)		Low-Impact Tone it UP (Erin/Makayla)	9:15am Total Body Blast (Makayla)
10:00 – 10:45am		TRX (Erin/Makayla)		TRX (Erin/Makayla)		
11 – 11:45am	SilverSneakers (Sandy)	Chair Yoga (Erin)	SilverSneakers (Donna)	Chair Yoga (Erin)	SilverSneakers (Sandy)	
2 – 2:45PM		SilverSneakers (Sandy)		SilverSneakers (Sandy)		
6:15-7pm		Total Body Blast (Makayla)		Total Body Blast (Makayla)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

Members age 13+ are welcome on their own.

Members age **11 – 12 are welcome in classes, and MUST** be accompanied and under direct supervision of an adult member age 19+ at all times when in the facility and classes.