

Memorial Day - Monday 5-27-24

Center Hours - 5:00am – 1:00pm

Memorial Day Land Group Exercise Schedule

Beginning Tai Chi 8:00am-9:00am – Sarah T.

Therapeutic Yoga 10:00am-10:50am – Cher

Chair Yoga 11:00am-11:50am – Cher

Yoga Core 12:00pm-12:45pm - Cher

Memorial Day Aqua Exercise Schedule

Deep Water Tabata 8:00am-8:45am – Sharon