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| **May 1/23** | Monday | Tuesday | Wednesday | Thursday |
| 7:00 am | Spin – Auditorium 1st floor |  | Spin – Auditorium 1st floor |  |
| 8:00 am | Strength- Auditorium 1st floor | Cardio/Core -SIM | Strength- Auditorium 1st floor | Cardio/Core -SIM |
| 12:00 noon |  | Dance Fitness – Auditorium 1st floor | Dance Fitness – Auditorium 1st floor | Dance Fitness – Auditorium 1st floor |
| 1:00 pm | Falls Prevention-SIM and Virtual | Yoga -SIM | Yoga -SIM | Yoga -SIM |
| 2:00 pm |  | Sit and Be Fit- SIM and Virtual | Tai Chi- SIM | Sit and Be Fit- SIM and Virtual |
| 3:00 pm |  | Gentle Strength -SIM |  | Gentle Strength -SIM |

SIM= classes take place in the SIM gym on ground floor

A= Auditorium – on the first floor in the larger access Auditorium