

# SENIOR FITNESS WORKOUT SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00 AM</b> <i>Senior Fitness</i>	<b>1:15 PM</b> <i>Senior Fitness</i>	<b>9:00 AM</b> <i>Senior Fitness</i>	<b>1:15 PM</b> <i>Senior Fitness</i>	<b>9:00 AM</b> <i>Senior Fitness</i>		
	<b>9:00 AM</b> <i>Senior Fitness</i> <i>(Open Sweat Cycle)</i>		<b>9:00 AM</b> <i>Senior Fitness</i> <i>(Open Sweat Cycle)</i>			

