



**PINES COMMUNITY
WELLNESS CENTER**



CLASS SCHEDULE

FALL/WINTER SESSION: OCT 20 - DEC 20 (8 WEEKS)
STRONG BODIES PROGRAM: NOV 17 (10 WEEKS)

Monday

Strong Bodies
8:30 - 9:30 AM

Yoga
5:30-6:30 PM

Tuesday

Circuit Breaker
5:30-6:30 AM
Days Vary

HIIT/X-FIT
6:00-7:00 AM

Total Body Xtreme
7:00-8:00 AM

Total Body Xtreme
8:30-9:30 AM

Total Body Senior
9:45-10:45 AM

Bike N' Beats
5:30-6:30 PM

NEW

Wednesday

Strong Bodies
8:30 - 9:30 AM

**Yoga for Lifelong
Vitality**
12:15-1:15 PM

Rhythm Weights
5:00-6:00 PM

Thursday

HIIT/X-FIT
6:00-7:00 AM

Total Body Xtreme
7:00-8:00 AM

Total Body Xtreme
8:30-9:30 AM

Total Body Senior
9:45-10:45 AM

Outdoor Adventure
Last Thursday/mo
5:30-6:30 PM

Friday

Total Body Senior
8:00 - 9:00 AM

Not Quite Yoga
9:15 - 10:15 AM

Saturday

Powerbeats
8:00-8:45 AM

Chair Yoga
9:00-10:00 AM

Bike N' Beats
9:00-10:00 AM

NEW