



STARTING DECEMBER 1ST

2021-22 WINTER CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M. Classes							
	SilverSneakers BOOM Move 9:30 – 10:15 Sarah		SilverSneakers Classic 9:30 – 10:15 Sarah		SilverSneakers Chair Yoga 9:30 – 10:15 Sarah		
P.M. Classes							
		Step Up to the Barre (Step, Barre & Booty) 5:15 – 6:00 Sarah		Circuit Training with Cardio & Weights 5:15 – 6:00 Sarah			
		Restorative Yoga 6:15 – 7:00 Sarah		Flow Yoga Sculpt 6:15 – 7:00 Sarah			

Beckley 304.255.2376 • *Schedule is subject to change*