



2023 FITNESS 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/Intervals/ Sculpt 5:15 – 6:10 Sarah		Barre Above/ Circuit Training 5:15 – 6:10 Sarah			
		Restorative Yoga 6:15 – 7:10 Sarah		Gentle Yoga 6:15 – 7:10 Sarah			

Beckley 304.255.2376 • *Schedule is subject to change*