



## Fitness Class Schedule September 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM		ECLECTIC YOLATES MS. BONNIE		ECLECTIC YOLATES MS. BONNIE		
8 AM	TAI CHI MS. SHUPING	SIT & BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	SIT AND BE FIT MS. SUZANNE	TAI CHI MS. SHUPING	
9 AM	STRENGTH & TONE MS. CELIA	CORE MS. ANNETTE	YOGA MS. CELIA	STRENGTH AND TONE-CARDIO MS. SUZANNE	PIYO MS. ANNETTE	YOGA MS. ELLEN
10 AM	STABILITY BALL MS. CELIA	YOGA MS. ANNETTE	CLASSICAL STRETCH MS. ANNETTE	YOGA MS. ELLEN	CLASSICAL STRETCH MS. ANNETTE	STRENGTH & TONE MS. CELIA
11 AM	CARDIO DANCE MS. CELIA	FIT FOR LIFE MS. ANNETTE	STRETCH AND BALANCE MS. ANNETTE	FIT FOR LIFE MS. ANNETTE	CHAIR YOGA MS. ELLEN	
12:30 PM	YOGA MS. ANNETTE					
5 PM						

### Fitness Hours

**MONDAY-FRIDAY**

**SATURDAY**

**SUNDAY**

*\*Please let the instructor know if you have any health issues-  
provided w/ emergency contact info.*

ACCESS CARD ONLY 4 - 6 AM\*\*  
DOORS OPEN 6 AM - 6 PM  
ACCESS CARD ONLY 6 - 11 PM\*\*

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DOORS OPEN 6 AM - 4 PM  
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**\*\*SKYLINE MEMBERSHIP HOURS WITH ACCESS CARD\*\***

**\*Classes must average 3 or more Members- to continue the following month.**