

All classes (except where specified) are included with gym membership. Non-members may purchase a class for \$5.00.

FOUST FAMILY FITNESS

CLASS SCHEDULE

Hours of Operation:
 Mon. – Thurs. 5:00 am – 9:00 pm
 Friday 5:00 am – 8:00 pm
 Saturday 8:00 am – 3:00 pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers 10:30 AM – 11:30 AM Nancy	Power Step 5:15 PM – 6:00 PM Kimmie	Silver Sneakers Cardio Circuit 9:15 AM – 10:15 AM Nancy	ZUMBA Gold 10:30 PM – 11:15 AM Elizabeth	Silver Sneakers 10:30 AM – 11:30 AM Lisa	Power Yoga 8:30 AM – 9:30 AM Jennifer
	ZUMBA 5:15 PM – 6:00 PM Noelle	ZUMBA 6:15 PM – 7:15 PM Krystal	Silver Sneakers 10:30 AM – 11:30 AM Nancy	Firm and Burn 6:00 PM – 7:00 PM Krystal		
			Core Strengthening Pilates 5:15 PM – 6:00 PM Vickey	ZUMBA 7:15 PM – 8:00 PM Krystal		
			Total Body Blast 6:15 PM – 7:15 PM Tephania			

