

Old Firehouse Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers® Boom Muscle 8:00am–9:00am Carrie				
SilverSneakers® Stability 9:30am–10:15am Beth <small>(Great for folks with movement disorders such as Arthritis, Parkinson's, and MS)</small>	SilverSneakers® Boom Muscle 9:00am–10:00am Carrie	SilverSneakers® Stability 9:30am–10:15am Beth <small>(Great for folks with movement disorders such as Arthritis, Parkinson's, and MS)</small>	SilverSneakers® Boom Muscle 9:00am–10:00am Carrie	SilverSneakers® Yoga 9:00am–10:00am Sherri
SilverSneakers® Circuit 10:30am–11:15am Sherri		SilverSneakers® Classic 10:30am–11:15am Kelly	SilverSneakers® Circuit 10:30am–11:15am Carrie	
SilverSneakers® Chair Yoga 11:30am–12:15pm Sherri		SilverSneakers® Yoga 11:30am–12:15pm Sherri		
SilverSneakers® Boom Muscle 4:00pm–5:00pm Carrie				