

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
		1	2 6:15am-Step Class-20 min 6:40am-Kickboxing Class-20 min 7:15am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	3 6:15am-HIIT Class-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	4	5
6	7 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	8	9 6:15am-Step Class-20 min 6:40am-Kickboxing Class-20 min 7:15am-Yoga Class-35 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	10 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	11	12
13	14 6:15am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	15	16 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	17 6:15am-HIIT Class-35 min 8:15am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min	18	19
20	21 6:15am-Spin Class-35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	22	23 7:30am-Class Choice-20/35 min 8:15am-Silver & Fit-35 min	24	25	26
27	28 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 10am-Yoga Class	29	30 7:30am-Class Choice-20/35 min 8:15am-Silver & Fit-35 min			

- Participants must sign in prior to the class start time
- Face coverings are not required, but encouraged

QUESTIONS? Contact wellnesscenter@WeliaHealth.org