

RUFY-HOLMES SENIOR CENTER

FITNESS ANNEX SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM	Jazzercise® Level 3-4		Jazzercise® Level 3-4		Jazzercise® Level 3-4
8:30 AM	↓	SilverSneakers® Classic Level 1-3	↓	SilverSneakers® Classic Level 1-3	↓
9:15 AM	Jazzercise® Level 3-4		Jazzercise® Level 3-4		Jazzercise® Level 3-4
9:30 AM	↓	Forever Young Level 1-3	↓	Forever Young Level 1-3	↓
10:15 AM	Yoga2 Level 2-3 **	↓	Yoga2 Level 2-3 **	↓	Yoga2 Level 2-3 **
10:30 AM	↓	Coed Fitness Level 3-4	↓	Coed Fitness Level 3-4	↓
11:30 AM	Chair Yoga1 Level 1-3	↓	Chair Yoga1 Level 1-3	↓	
11:45AM	↓	Sit N Fit Level 1-3	↓		
12:00 PM		↓			
1:00 PM	Chair Volleyball Level 1-4		Chair Volleyball Level 1-4		Chair Volleyball Level 1-4
2:00 PM					
2:30 PM					↓
3:00 PM	↓				
3:30PM	SilverSneakers® Classic Level 1-3	Gentle Yoga Level 3-4	SilverSneakers® Classic Level 1-3	Gentle Yoga Level 3-4	
4:00 PM	↓	↓	↓	↓	
4:30 PM					
5:00 PM	REFIT® Cardio Dance	Fit Fusion		Fit @ Five	
5:30 PM	↓	↓		↓	

ANNEX CLOSSES AT 5:00 PM on W & F and 6:30 PM on M,T & TH

June 2017

**** For your safety we ask members not to use the machines M-W-F 10:15-11:15 am due to lights being dimmed in Yoga**