



# GROUP FITNESS CLASS SCHEDULE

**Commit to getting fit!**

Let us help you reach your wellness goals.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bootcamp</b> 5:45-6:30 a.m.	<b>Yoga</b> 12-12:30 p.m.	<b>Total Body</b> 6:30-7:15 a.m.	<b>Bootcamp</b> 5:45-6:30 a.m.	<b>Chair Yoga</b> 10-11 a.m.
<b>Silver Sneakers</b> 10-11 a.m.	<b>Growing Stronger</b> 10-10:45 a.m.	<b>Silver Sneakers</b> 10-11 a.m.	<b>Growing Stronger</b> 10-10:45 a.m.	<b>Yoga</b> 12-12:30 p.m.
<b>Kickboxing</b> 12-12:30 p.m.				<b>Yoga</b> 12:30-1 p.m.

**Facilities**

- Weightlifting
- Cardio area
- Group fitness
- Lockers/showers

Punch cards are available to purchase for group fitness classes if you don't have a membership.

For more information, please contact the Hillcrest Fitness Center at 918-579-3444.

