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| **MONDAY** | **TUESDAY** | **WEDNESDAY** |
| 8:30-9:15am REVOLUTION (spin) w/Pam 8:30-9:20am SilverSneakers® w/Yvette9:25-10:00am BOOTCAMP/CORE w/Pam10:30-11:30am SilverSneakers® w/Pam4:45-5:45pm BOOTCAMP/HIIT w/Kristi5:45-6:45pm BOOTCAMP/HIIT w/Kristi6:00-6:45pm SPIN w/Melissa | 8:30-9:30am BODYPUMP w/Pam10-10:45AM SS Yoga/Stretch w/Pam6-6:45pm SPIN w/Randy5:45-6:45pm BODYPUMP w/Jenny6:50-7:30pm LKN BARRE w/Patti | 8:30-9:15am BOOTCAMP/HIIT w/Pam9:30-10:15am Silver Fitness w/Pam10:30-11:30am Silver&Fit w/Pam5:45-6:45pm BOOTCAMP/HIIT w/Kristi |
| **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 8:30-9:20am BODYPUMP Express w/Pam9:30-10am REVOLUTION (spin)w/Pam10-11am ChairYoga&Beyond w/Yvette5:45-6:45pm PumpFiT w/Jason6:00-6:45pm SPIN w/Tim | 8:15-8:55am Silver Combo Fit w/Yvette9-10am BOOTCAMP/HIIT w/Pam10:10-11am SilverSneakers® w/Lisa | 8:10-8:55am SPIN w/Randy9:00-10:00am BODYPUMP  |