

## FITNESS CLASSES

SUN	MON	TUES	WED	THURS	FRI	SAT
	2/27	2/28	1	2	3	4
	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Boot Camp	6:30am Functional Fitness 10:00am Tai Chi 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm S.P.I.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm H.A.B.I.T	6:30am Functional Fitness 10:00am Classic ☉ 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Boot Camp	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size	
5	6	7	8	9	10	11
	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Tai Chi 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm S.P.I.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Classic ☉ 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm H.A.B.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size	
12	13	14	15	16	17	18
	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm S.P.I.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Classic ☉ 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm H.A.B.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size	
19	20	21	22	23	24	25
	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Tai Chi 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm S.P.I.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Classic ☉ 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm H.A.B.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size	
26	27	28	29	30	31	
	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Tai Chi 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm S.P.I.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm Cross Train	6:30am Functional Fitness 10:00am Classic ☉ 11:00am Aqua-Size 12:00pm Aqua-Size 5:30pm H.A.B.I.T.	9:00am Senior Fitness 11:00am Aqua-Size 12:00pm Aqua-Size	<p>Aqua-Size classes will be held at Fairfield Inn of Elkin</p> <p>H.A.B.I.T.—Hips, Abs, Buns &amp; Incredible Thighs</p> <p>SPIIT— NEW hybrid Spin class w/ H.I.I.T.</p> <p>☉ - Denotes a Silver Sneakers Class</p>

All classes are 1 hour long and \$4/class.

Class pass cards available for \$33 — Includes 11 classes with no expiration date.

Spin Classes: A limited number of bikes are available. Please call in advance to reserve your spot.

**CALL 336-527-7468 FOR MORE INFORMATION**