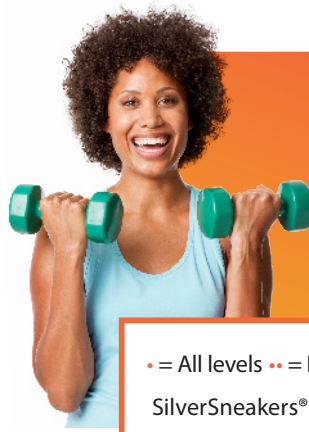


City Park Fitness Center

January-April 2024



General Fitness Classes*

The classes listed below are included with a general admission fee, as well as All-Facility, City Park Fitness Center, and SilverSneakers® passes.

• = All levels ** = Intermediate/Advanced
SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SilverSneakers Circuit® • Sandra 8-8:45 a.m.		SilverSneakers Circuit® • Marybeth 8-8:45 a.m.	Cardio Plus • Sandra 8-8:45 a.m.	
	Qi Gong • Sheryl 11:30 a.m. - 12:30 p.m.		Qi Gong • Sheryl 11:30 a.m. - 12:30 p.m.		Meditation • Irene 9-10 a.m.
Pedaling for Parkinson's • Raelynn 10-11a.m. SilverSneakers Classic® • Kelly 10:15-11:15 a.m.		Pedaling for Parkinson's • Kelly 10-11a.m. SilverSneakers Classic® • Sandra 10:15-11:15 a.m.		Pedaling for Parkinson's • Kelly 10-11 a.m. SilverSneakers Yoga® • Irene 10:15-11:15 a.m.	
		Tai Chi • Bud 10:30-11:30 a.m.		SilverSneakers Classic® • Jennifer 11:30 a.m.-12:30 p.m.	
Tai Chi • Bud 12:45-1:45 p.m.				Tai Chi • Bud 12:45-1:45 p.m.	
	SilverSneakers Yoga® • Trudi 2-3 p.m.		SilverSneakers Yoga® • Kathleen 2-3 p.m.		
					SUNDAY
					Tai Chi • Ed 3-4 p.m.

*All classes listed are subject to change or cancellation.