

## FAC WEEKLY FITNESS AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
7:15a Early Dippers *		7a Pilates Core Fusion	7:15a Early Dippers*	7a Pilates Core Fusion
8:15a Strength Works	7:30a Hatha Yoga	7:15a Early Dippers*	7:30a Hatha Yoga	8:15a Strength Works
9a Cardiodelites*	9a Deep Water*	8:15a Strength Works	9a Deep Water*	9a Cardiodelites*
9a S. S. MSROM	9:15a Slvr Sneakers	9a Cardiodelites*	9:15a Silver Snkrs	9a Cardiodelites*
9:15a ZUMBA!	9:30a Hatha Yoga	9a S. S. MSROM	9:30a Hatha Yoga	9:15a Step
9:15a Yoga Abs	10a Silver Splash*	9:15a ZUMBA	10a Silver Splash*	10a Silver Splash*
9:30a Hatha Yoga	11a Snr/Rejuv. Yoga	9:15a Yoga Abs	11a Snr/Rejuv. Yoga	11a Willing Wonders*
10a Silver Splash*	11a Arthritis Aqua*	9:30a Yoga Ball	11a Arthritis Aqua.	
11a Willing Wndrs.*	5p Zumba Toning	10a Silver Splash*	5:15p Yoga Abs	<b>SATURDAY</b>
5:30p Beg./Inter. Yoga	5:15p Yoga Abs	11a Willing Wndrs.*	5:30p Yoga w/ Dyna	
5:45p Ab Attack	5:30p Yoga w/ Dyna	5p Mindful Yoga	6:15p Cardio Kick	8:00a Hatha Yoga
6p ZUMBA!	6:15p Cardio Kick	5:30p Beg. Yoga	6:30p Cardiodelites*	8:00a ZUMBA!
6:30p Cardiodelites*	6:30p Cardiodelites*	5:50p Ab Attack	7pm Cardio Combo	9:00a Ashatanga Yoga
7p Strength Works	7p CardioCombo	6p ZUMBA!	7:30p Cardiodelites*	9:30a Saturday Sizzlers*
	7:30p Cardiodelites*	7p Strength Works		

**Nursery Hours: Monday - Friday 8:30a - 11 am**  
**Monday - Thursday 5pm-8pm**

Nursery is for children ages 7 & under

FAC Members: FREE      Non-Members: \$3

**Class Fee:      FAC Members: FREE**

Non-members:  
 Yoga \$8  
 All other classes \$6

Senior Discount - \$1 off per class