



AVAMERE  
HEALTH & FITNESS CLUB

### Exercise Class Schedule

All classes and times are subject to change with or without notice. If primary instructor is absent, class subject to availability of substitute instructor.

- = Low to moderate intensity
- = Moderate to high intensity

<i>Day</i> <i>Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:50	Stretch & Strengthen		Stretch & Strengthen		
10-10:55	Feelin' Good		Feelin' Good		Silver Sneaker Cardio Fit
10:15-11:00		Cardio Fit		Cardio Fit	
11-11:50	Silver Sneaker Yoga Stretch (sign up)				Silver Sneaker Yoga Stretch (sign up)
11:00-12:00			Tai Chi		
12-1:00	Silver Sneaker Yoga Stretch (sign up)		Silver Sneaker Yoga Stretch (sign up)		Silver Sneaker Yoga Stretch (sign up)
2:30-4:15	Sit & Be Fit 2:30-3:00	Gentle Joints 3:30-4:15	Sit & Be Fit 2:30-3:00	Gentle Joints 3:30-4:15	

**Equipment Room Hours**

Monday – Friday 6 a.m.-8 p.m.

Saturday 9:00 a.m. 4 p.m.

[avamerehealthandfitness.com](http://avamerehealthandfitness.com)

*Our partners in health:*

