

Welcome  
**RENEW ACTIVE** by United Healthcare  
**Small Group & Semi-Private Training**  
*Please see a staff member for details*

| TIME    | MONDAY               | TUESDAY | WEDNESDAY            | THURSDAY | FRIDAY                           | SATURDAY |
|---------|----------------------|---------|----------------------|----------|----------------------------------|----------|
| 8:00AM  |                      |         |                      |          |                                  |          |
| 8:30    |                      |         |                      |          |                                  |          |
| 9:00    |                      |         |                      |          |                                  |          |
| 10:00   | Back to Basics<br>KK |         | Back to Basics<br>KK |          | 10:15<br>Back to Basics<br>Karen |          |
| 11:30AM | DANCE MIX<br>Darla   |         | DANCE MIX<br>Darla   |          |                                  | SUNDAY   |
| 12:30pm |                      |         |                      |          |                                  |          |
| 4:30PM  |                      |         |                      |          |                                  |          |
| 5:30PM  |                      |         |                      |          |                                  |          |

