

Welcome
RENEW ACTIVE by United Healthcare
GROUP FITNESS CLASSES
Please see a staff member for details

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						
8:30AM						
9:00AM						
10:00 AM	BACK to BASICS KK		BACK to BASICS KK	CHAIR STRETCH KK (10:15 AM)	BACK to BASICS KAREN	
10:30AM						SUNDAY
11:30AM	DANCE MIX DARLA		DANCE MIX DARLA			

