

MONDAY

 Strength and Balance

8:30 AM
Blaine Pavilion
-with Jo-Anne

Zumba Gold(R)

9:00 AM
Birch Bay Activity Center
-with Jenny

 Cardio

9:00 AM
Blaine Pavilion
-with Jo-Anne

TUESDAY

Barre

5:30 PM
Birch Bay Activity Center
-with Jenny

Zumba(R)

6:30 PM
Birch Bay Activity Center
-with Jenny

WEDNESDAY

Core Conditioning

9:00 AM
Birch Bay Activity Center
-with Jenny

THURSDAY

Senior Stretch

8:15 AM
Birch Bay Activity Center
-with Jenny

FRIDAY

 Cardio

9:00 AM
Birch Bay Activity Center
-with Jo-Anne

SATURDAY

Barre

8:00 AM
Birch Bay Activity Center
-with Jenny

Zumba(R)

9:00 AM
Birch Bay Activity Center
-with Jenny

