



**PINES COMMUNITY
WELLNESS CENTER**



CLASS SCHEDULE

FALL/WINTER SESSION: OCT 28 - DEC 21 (8 WEEKS)

STRONG BODIES PROGRAM: NOV 18 - FEB 5 (10 WEEKS)

Monday

**Circuit Breaker
Days Vary
5:30-6:30 AM**

**Strong Bodies
starts 11/18/24
8:30-9:30 AM**

**Yoga
5:30-6:30 PM**

Tuesday

**Circuit Breaker
Days Vary
5:30-6:30 AM**

**HIIT/X-FIT
6:00-7:00 AM**

**Total Body Xtreme
7:00-8:00 AM**

**Total Body Xtreme
8:30-9:30 AM**

**Total Body Senior
9:45-10:45 AM**

Wednesday

**Strong Bodies
starts 11/18/24
8:30-9:30 AM**

**Yoga for Lifelong
Vitality
12:15-1:15 PM**

**Rhythm Weights
5:00-6:00 PM**

Thursday

**Circuit Breaker
Days Vary
5:30-6:30 AM**

**HIIT/X-FIT
6:00-7:00 AM**

**Total Body Xtreme
7:00-8:00 AM**

**Total Body Xtreme
8:30-9:30 AM**

**Total Body Senior
9:45-10:45 AM**

**What to Expect 40+
5:30-6:30 PM**

Friday

**Total Body Senior
8:00 - 9:00 AM**

**Not Quite Yoga
9:15 - 10:15 AM**

Saturday

**Powerbeats
11/9,12/7,12/14,12/21
7:45-8:45 AM**

**Chair Yoga
9:00-10:00 AM**