

Legion Memorial Park

WEEKLY SCHEDULE

fitness class

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|-------------|-------------|---------------------|----------|-----------------|
| 9:00 AM | | ZUMBA | | | |
| 10:00 PM | | CHAIR | MAT PILATES | | RHYTHM & SCULPT |
| 11:00 AM | | STRETCH | STRENGTH | | |
| 02:00 PM | | | | | |
| 03:00 PM | | | | | |
| 04:00 PM | | | | | |
| 05:00 PM | | | | | |
| 06:00 PM | LIFT & BURN | MAT PILATES | LIFT & BURN | | MAT PILATES |
| 07:00 PM | ZUMBA | | CARIBBEANX TWERKOUT | | ZUMBA |
| 08:00 PM | STRETCH | | STRETCH | | |

ALL CLASSES
ARE FREE!!!



JOIN OUR COMMUNITY
TO STAY
UP-TO-DATE ON CLASSES,
ACTIVITIES AND MORE

