



EXERCISE

INSTRUCTION BY TV

MONDAYS: 12:30PM - 1:30PM

TUESDAYS: 12:30PM - 1:30PM

(EXCEPT THE 3RD TUESDAY OF EACH MONTH.)

WEDNESDAYS: 12:30PM - 1:30PM

THURSDAYS: 12:30PM - 1:30PM

SATURDAYS: 10:00AM-11:00AM

IN THE AC/DANCE ROOM

JUST SHOW UP!