

SENIOR FITNESS CLASS SCHEDULE



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Here at Form and Fitness we are dedicated to keeping our members healthy throughout your golden years. We have a variety of classes designed for any senior member needing organized workouts to do when you come to the gym. Each class is different and has unique opportunities and limitations so please read class descriptions carefully on the back of this page.

All classes are included for free with your membership except for our Age Strong Small group that is a paid service*.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30 AM	Silver Stong (G-Force) Location: Group X Studio		Silver Stong (G-Force) Location: Group X Studio	
8:00 AM		Senior Strength Location: Track		Senior Strength Location: Track
11:00 AM		Silver Sneakers Location:Group X Studio	Silver Sneakers Yoga Location:Group X Studio	
11:15 AM	Age Strong Small Group* Location: Loft		Age Strong Small Group* Location: Loft	
11:30 AM	Silver Sneakers Location:Group X Studio			Silver Sneakers Location:Group X Studio
12:15 PM	Senior Dance Cardio Location: Group X Studio			
	*See flier in lobby for more information and pricing			

CONTACT:

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