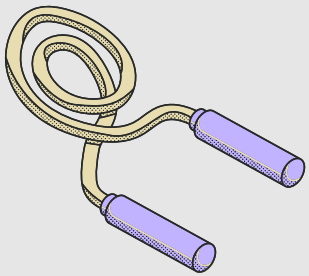
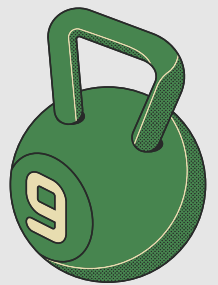


COMMUNITY CENTER GROUP FITNESS CLASSES



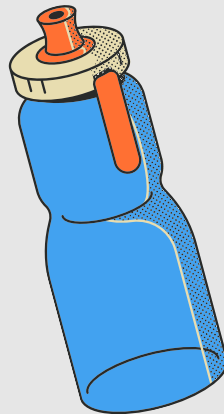
Orange Mound Senior Center
Mon-Thurs 9a Water Aerobics
Mon & Wed 10:30a Dance Ability
Tues 1p Yoga
Thurs 10:30a Seated Pilates



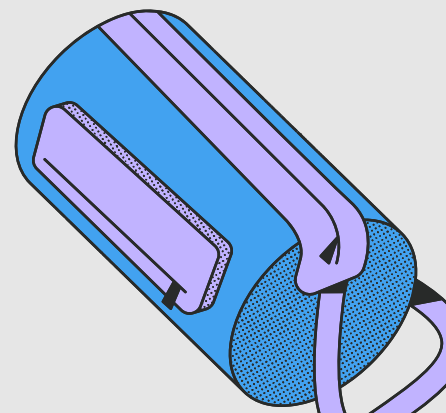
Bert Ferguson
Mon 6:15p Dance Cardio
Tues & Thurs 10a Yoga
Tues 6:15p Push The Limit *weight room circuit
Thurs 6:30p Zumba



Hickory Hill
Mon 9a Dance Ability
Mon 9:30a Seated Pilates
Mon 6p Xtreme Hip Hop Step
Wed 6:15p Dance Cardio
Thurs 6:15p Push The Limit *weight room circuit



McWherter
Tues 9:30a Strength & Balance
Wed 9:30a Chair Yoga
Th 9:30a Strength & Balance s
Fri 9:30a Motown Dance Party



Ed Rice
Mon 9a Dance Ability

