

# 2011 Group Fitness Schedule

| Time   | Monday   | Tuesday     | Wednesday             | Thursday               | Friday  |
|--------|--|-------------|-----------------------|------------------------|---|
| 8:15am |  |             |                       |                        |   |
| 8:30am | Yoga   | Muscle Pump | Yoga                  | Muscle Pump<br>Tai Chi |   |
| 9:45am | Silver Sneakers®<br>MSROM  |             | Young at Heart        | Stretch Connection     | SilverSneakers®<br>MSROM  |
| 4:15pm | CARDIO<br>STEP   |             | CARDIO<br>KICKBOXING  |                        |   |
| 5:30pm | Zumba<br>Core N' More  | Yoga        | Zumba<br>Core N' More | Yoga                   |   |

NEW CLASS!

NEW CLASS!

## Starts September 6th



CUERO  
WELLNESS CENTER

505 N. Esplanade—Cuero