

Monday			
Time	Class	Instructor	Location
9:00 AM	Prime Timers	Laura	Fitness Center Studio
10:00 AM	Body Balance	Laura	Fitness Center Studio

Tuesday			
Time	Class	Instructor	Location
8:00 AM	Pilates	Laura	Fitness Center Studio
9:00 AM	Pilates	Laura	Fitness Center Studio

Wednesday			
Time	Class	Instructor	Location
9:00 AM	Prime Timers	Laura	Fitness Center Studio
10:00 AM	Body Balance	Laura	Fitness Center Studio

Thursday			
Time	Class	Instructor	Location
8:00 AM	Pilates	Laura	Fitness Center Studio
9:00 AM	Pilates	Laura	Fitness Center Studio

Note: Classes and instructors are subject to change.

Body Balance (30 minutes)

This functional fitness class is designed to improve stability and prevent falls through strength training, posture improvement and balance exercises in order to maintain independence with your active lifestyle.

Pilates

Pilates is an exercise program which improves muscle strength, control, flexibility and coordination through fluid body movements that utilize the spine and deep muscle groups.

Prime Timers

Designed for our older clientele, this fun and exciting exercise class is specifically designed to improve cardiovascular fitness, balance, flexibility and strength.