

Simms Street Fitness & Wellness Schedule

10/30-12/16

No Classes 10/31 5pm & later, 11/20-25

All classes open for Drop In (\$10 Res./ \$12 Non-Res.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PiYo 8-9 am Therese	Booty Barre 8:30-9:30 am Tamara	Family Yoga 9:30-10:30 am Kim			Foam Roller 10:30-11:30 am Jenni
Silver Sneakers Yoga 1-2 pm Margaret	Silver Sneakers Classic 11:05-12:05 Kathy		Parent/Child Fitness 5:10-6:10 pm Nicole		
	PiYo 4:30-5:30 pm Becca		Restorative Yoga 7:30-8:30 pm Kate		
Cardio Crushers 5:15-6:15 pm Alli	CircHIIT 6:30-7:30 pm Margey				
Restorative Yoga 7:15-8:15 pm Tracy					

