

## **Modified Active Aging Group Fitness Class Schedule**

During the weeks of August 22 and 29 due to the Just Between Friends consignment sale and court resurfacing

- All classes will be held in the Blue Studio on the 2nd floor
- Regularly scheduled classes resume on Tuesday, September 6

### **Week of August 22**

Monday, August 22

10:45 - 11:45 AM Stretch and Balance with Jackie Confalone

Tuesday, August 23

10:30 - 11:30 AM SilverSneakers Circuit with Chris Butler

Thursday, August 25

8:00 - 9:00 AM SilverSneakers Circuit with Lauren Ressler

### **Week of August 29**

Monday, August 29

10:45 - 11:45 AM SilverSneakers Circuit with Jackie Confalone

Tuesday, August 30

10:30 - 11:30 AM SilverSneakers Circuit with Chris Butler

Thursday, September 1

8:00 - 9:00 AM Chair Yoga with Lauren Ressler

