

Wellness Class Demonstration Schedule

Program Cass	Open House Time	Room	Instructor
Tai Chi	5:30 - 5:50 pm	Aerobics Studio	Bob King
Aikido	6:00 - 6:20 pm	Aerobics Studio	Bob King
Cardio Kids	6:00 - 6:20 pm	Racquetball Courts	Lori Gailey
The Lord's Table	6:00 - 6:20 pm	Chapel	Julie B.
Specialized Group Training for kids	6:30 - 6:50 pm	Racquetball Courts	James & Susie
Tae Kwon Do	6:30 - 6:50 pm	Aerobics Studio	Kurt H. & Pat S.
Pilates	7:00 - 7:20 pm	Aerobics Studio	Ed Fox
Sportswall	7:00 - 7:20 pm	Racquetball Courts	James Twedt
Yoga	7:30 - 7:50 pm	Aerobics Studio	Ed Fox