

kellogg fitness center daily classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am – Various Exercises Class	8am –Various Exercises Class	8am – Various Exercises Class	8am - Various Exercises Class	8am – Various Exercises Class
9am – Exercise Class	8:55am - Chair Yoga	9am – Exercise Class	8:55am - Chair Yoga	9am - Exercise Class
9am - Water Aerobics	9am - Water Aerobics	9am - Water Aerobics	9am - Water Aerobics	9am - Water Aerobics
10am - Pickleball Play	10am - Chair Tai Chi	10am - Pickleball Play	10am - Chair Tai Chi	10am - Pickleball Play
10am - Yoga	12pmTOPS Weight Loss	12:30pm - Zumba	10am - Walk a Mile	10am - Bike Ride Around the Village
12pm - Dynamic Drumming	1pm - Meditation Class	2pm- Hula	11am - Balance Class	1pm - Bike Ride Around the Village
1pm - Bike Ride Around the Village	2pm - Balance Class		3pm - Cycling Group	
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