

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 - Yoga	10am - Chair Tai Chi	12:30pm - Zumba	10am - Chair Tai Chi	1pm - Bike Ride Around the Village
12pm - Dynamic Drumming	10am - Walk a Mile	3pm - Cycling Group	10am - Walk a Mile	3pm - Cycling Group
1pm - Bike Ride Around the Village	12pmTOPS Weight Loss		11am - Balance Class	
3pm - Cycling Group	1pm - Meditation Class		3pm - Cycling Group	
	2pm - Balance Class			
	3pm - Cycling Group			
	5pm -Hula Dancing			

Gym & Pool Hours 6am-10pm