

**BUSY BODIES FITNESS SCHEDULE**  
**April thru October 2024**



**CLASS MINIMUM IS 2 PEOPLE**

**Monday**

- 9am – Fit for Life Senior Dance (Kim)
- 10am – Tone Time Strength Training (Kim)
- Noon – FXL45 (Kim)
- 4:30pm – Tone Time Strength Training (Kim)



**Tuesday**

- 6:00am – Bootcamp (Meg)
- 9:00am – Senior Circuit (Helen)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (LaShay)
- Noon – Kickbutt Kettlebell (LaShay)

**Wednesday**

- 9am – Fit for Life Senior Workout (Kim)
- 10am – Tone Time Strength Training (Kim)
- 11am – Butts & Guts (Kim)
- Noon – HIIT (Becki)
- 4:30 – Tone Time Strength Training (Eric)



**Thursday**

- 6:00am – Bootcamp (Meg)
- 9:00am – Senior Circuit (Iris)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (Helen)
- Noon – HIIT (Helen)

**Friday**

- 8:45am - Tai Chi (Melodee)
- 10am – Tone Time Strength (Helen)

