

Fitness & Dance Schedule

	Fairfield	Hamilton	West Chester
Monday	Keep on Movin'	Fitness Equipment	Fitness Equipment
	Prime Pacers	Personal Training	Personal Training
		Golden Tappers	Prime Pacers
		Zumba	Ball & Band Class
		Zumba Lite	Fit for Life
		Balance Class	Zumba
			LEAN
			Line Dancing
Tuesday	Prime Pacers	Fitness Equipment	Fitness Equipment
		Personal Training	Personal Training
		Walk & Exercise	Prime Pacers
		Fit for Life	Nia
		Self Defense	Yoga
		Firm Believers	
		Murstein Dancers	
		Forever Young Dancers	
		Zumba	
Wednesday	Keep on Movin'	Fitness Equipment	Fitness Equipment
	Prime Pacers	Personal Training	Personal Training
		Nia	Prime Pacers
		Beginning Hula	Walking Video
		Ballroom Dancing	Stability Ball
		Zumba	Family Self Defense
		Boot Camp	Coresolid / Pilates
			Hip Hop Fit
			Ballroom Dancing
Thursday	Video Exercise	Fitness Equipment	Fitness Equipment
	Prime Pacers	Personal Training	Personal Training
		Prime Pacers	Prime Pacers
		Walk & Exercise	Tai Chi Play
		Carole's Stretching & Agility Class	Balance Class
		Fit for Life	Zoga
		Murstein Dancers	KidsFit
		Forever Young Dancers	
		Line Dancing	
		Pilates	
		Ballroom Dancing	
Friday	Prime Pacers	Fitness Equipment	Fitness Equipment
		Personal Training	Personal Training
		Golden Tappers	Prime Pacers
		Hula	Line Dancing
		Tai Chi Play	Chair Aerobics
		Square Dancers	
Saturday		Zumba	

Fee = \$

10/24/2011