

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
		Zumba	KidsFit
			Boot Camp - LEAN
			Line Dancing
Tuesday	Prime Pacers	Fitness Equipment	Fitness Equipment
		Personal Training	Personal Training
		Walk & Exercise	Prime Pacers
		Murstein Dancers	Nia
		4-Ever Young Dancers	Yoga
		Zumba	Mat Pilates
			Zumba
Wednesday	Keep on Movin'	Fitness Equipment	Fitness Equipment
	Prime Pacers	Personal Training	Personal Training
		Zumba Lite	Prime Pacers
		Beginning Hula	Stability Ball
		Balance Class	Fit for Life
		Ballroom Dancing	Family Self Defense
		Cardio Walking	Coresolid / Pilates
		Yoga	Hip Hop Fit
		Zumba	Ballroom Dancing
Thursday	Video Exercise	Fitness Equipment	Fitness Equipment
	Prime Pacers	Personal Training	Personal Training
		Prime Pacers	Prime Pacers
		Walk & Exercise	Tai Chi Play
		Murstein Dancers	Balance Class
		4-Ever Young Dancers	Zoga
		Line Dancing	Youth Weight Training
		Core Pilates	Tai Chi for Kids
Friday	Prime Pacers	Fitness Equipment	Fitness Equipment
		Personal Training	Personal Training
		Golden Tappers	Prime Pacers
		Hula	Line Dancing
		Tai Chi Play	
		Weight Training	
		Stretch & Flex	
Saturday		Square Dancers	
		Zumba	