



OAK VIEW CENTER FITNESS SCHEDULE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

AM CLASSES

BOLLYX 10:30-11:30A	ACTIVE CHAIR YOGA 9:00-9:50A	CORE & BALANCE 9:00-9:55A	SLIMNASTICS 9:00-10:00A		SLIMNASTICS 9:00-10:00A	
ZUMBINI 11:45A-12:15P	SLIMNASTICS 9:00-10:00A		GENTLE YOGA 9:00-9:45A			TOTAL BODY STRENGTH 9:00-10:00A
			ACTIVE CHAIR YOGA 10:00-10:50A	ACTIVE ADULTS 10:00-11:00A		STRETCH & FLEX 10:00-11:00A

PM CLASSES

TAI CHI & QIGONG 12:45-1:45P	SENIOR STRENGTH 12:00-1:00P	SENIOR STRENGTH 12:00-1:00P		SENIOR STRENGTH 12:00-1:00P	SENIOR STRENGTH 12:00-1:00P	FAMILY ZUMBA 12:30-1:30P
JUNSHIN FITNESS 1:45-2:45P		CARDIO POWER KICK BOXING 6:00-7:00P			SUPER FIT 5:00-6:00P	TAI CHI & QIGONG 1:30-2:30P
	FITNESS FOR BEGINNERS 6:30-7:30P	YOGA FOR WEIGHTLOSS 7:30-8:30P	PEACE YOGA 6:45-7:45P	FITNESS FOR BEGINNERS 6:30-7:30P	YOGA FOR WEIGHTLOSS 7:30-8:30P	JUNSHIN FITNESS 2:30-3:30P

Please register early! Registration deadline is 1 week before class starts. Classes will be cancelled if the minimums are not met. Fitness classes will not be held on holidays. Please bring your own mat for floor exercises.

Sign up for two or more classes at the same time and you will receive \$5 off every class after the first! (Some exclusions apply such as Active Adults because it is already discounted.)

