

- In-Person / Zoom
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- Zoom

50 North Group Exercise Classes

for the weeks of *7/13/2020—7/24/2020*

Class size is limited · Reservation is required · Class schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 9:15am CardioEnergizer	8:30am - 9:15am EnhanceFitness®	8:30am - 9:15am CardioEnergizer	8:30am - 9:15am EnhanceFitness®	
10:30am - 11:15am SilverSneakers® Classic	10:30am - 11:15am SilverSneakers® Yoga	10:30am - 11:15am SilverSneakers® Classic	10:30am - 11:15am SilverSneakers® Yoga	
1:15pm - 2:00pm SilverSneakers® Yoga	11:30am—12:15pm DTD/ Parkinson's	1:15pm - 2:00pm SilverSneakers® Yoga	11:30am—12:15pm DTD/ Parkinson's	1:15pm - 2:00pm SilverSneakers® Yoga
		2:45pm - 3:30pm Geri-Fit®		2:45pm - 3:30pm Geri-Fit®
5:30pm - 6:15 pm Cycling	6:30pm - 7:15pm Stretch Fusion	5:30pm - 6:15pm Cycling	6:30pm - 7:15pm Boot Camp	

***Contact 50 North to reserve your spot — 419-423-8496**

