

Fairgrounds Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fairgrounds Y Gym 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle	Fairgrounds Y Group Ex Room 9:00 AM-10:00 AM Tabata Instructor: Marci Fairgrounds Y Group Ex Room 11:15 AM-12:15 PM Silver Sneakers Instructor: Laurie Fairgrounds Y Group Ex Room 1:00 – 2:00 PM Balanced Boxing Instructor: Mike	Fairgrounds Y Gym 8:00 – 9:00 AM Enhance Fitness Instructor: Laurie	Fairgrounds Y Group Ex Room 11:15 AM-12:15 PM Silver Sneakers Instructor: Laurie	Fairgrounds Y Gym 8:00 – 9:00 AM Enhance Fitness Instructor: Michelle Fairgrounds Y Group Ex Room 1:00 – 2:00 PM Balanced Boxing Instructor: Mike

*As of Feb. 22 2022