

Fairgrounds Group Ex Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>ENHANCE FITNESS</u> Fairgrounds Y Outside 8:00 – 9:00 AM Instructor: Michelle</p> <p><u>SPIN</u> Fairgrounds Y Conference Room 9:00 – 10:00 AM Instructor: Laura</p>	<p><u>TABATA</u> Fairgrounds Y Outside 9:00 AM–10:00 AM Instructor: Marci</p> <p><u>SILVER SNEAKERS</u> Fairgrounds Y Group Ex Room 11:15 AM–12:15 PM Instructor: Laurie</p> <p><u>BALANCE BOXING</u> Fairgrounds Y Group Ex Room 12:45 PM–2:45 PM Instructor: Mike</p>	<p><u>ENHANCE FITNESS</u> Fairgrounds Y Outside 8:00 – 9:00 AM Instructor: Laurie</p> <p><u>SPIN</u> Fairgrounds Y Conference Room 9:00 – 10:00 AM Instructor: Marci</p>	<p><u>SILVER SNEAKERS</u> Fairgrounds Y Group Ex Room 11:15 AM–12:15 PM Instructor: Laurie</p> <p><u>BALANCE BOXING</u> Fairgrounds Y Group Ex Room 12:45 PM–2:45 PM Instructor: Mike</p>	<p><u>ENHANCE FITNESS</u> Fairgrounds Y Outside 8:00 – 9:00 AM Instructor: Michelle</p> <p><u>BALANCE BOXING</u> Fairgrounds Y Group Ex Room 12:45 PM–2:45 PM Instructor: Mike</p>

