

# GRANDVIEW CENTER CLASSES

**Monday:**

8:00am – Heavy Weights with Ria

9:00am - Smooth Moves, Cardio Class with Marta

10:00am - Line Dance with Mary

4:00pm – Walk Fit - Outside Fitness with Julie (Held at Wyman Woods Park)

**Tuesday:**

8:00am – Stick Cardio with Sandy – High energy, movements using drumsticks

9:00am – Free Weights that Shape and Exercises – with Marta

10:00am – Jazzy Tappers

11:00am - Chair Volleyball

**Wednesday:**

8:00am – Cardio Combo with Ria, high energy & includes floor work

9:00am – Free Weights with Sandy

10:00am - Line Dance with Mary

4:00pm - Outside Fitness with Julie, Wyman Woods

5:00pm - Yoga with Sherri

**Thursday:**

8:00am – Stick Cardio with Sandy – High energy movements using drumsticks

9:00am – Free Weights that Shape with Marta

10:00am – Stretch and Balance Exercise with Sherri

11:00am – Chair Volleyball

**Friday:**

8:00am – Total Body Sculpting with Ria

9:00am – Free Weights that Shape with Sandy

10:00am – Therapy Stretch with Marlin

**Saturday:**

9:00am – Yoga with Sherri