



Fitness Class Schedule

Updated 8-26-20

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING					
5:30 a.m.					
6:00 a.m.	Morning Rush	GROUP POWER	Morning Rush	GROUP POWER	Morning Rush
6:15 a.m.					
8:20 a.m.	Group Centergy	GROUP POWER	Group Centergy	GROUP POWER	
8:30 a.m.		Morning Glory		Morning Glory	
9:35 a.m.	<u>Silver Sneakers</u> Smooth Moves	<u>Silver Sneakers</u> Classic	<u>Silver Sneakers</u> Smooth Moves	<u>Silver Sneakers</u> Classic	
10:45 a.m.	<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH		
12:00 p.m.	Group Centergy	GROUP POWER	Group Centergy	GROUP POWER	GROUP POWER
EVENING					
5:00 p.m.	Group Centergy	GROUP POWER		GROUP POWER	
6:30 p.m.					

**Morning Rush & Morning Glory classes offered in 6-8 week sessions. Please check jbu.edu/wlhc for current sessions.*

Questions: Contact **Jan Whitmore** (479-549-7974) for Silver Sneaker classes and the **WLHC Office** (479-524-7303) for all other classes.