



# CLASS SCHEDULE 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
5:50 AM		<b>GROUP POWER: LAMPHEAR</b>		<b>GROUP POWER: LAMPHEAR</b>	
7:30 AM	Women's Water Fitness		Women's Water Fitness	Women's Water Fitness	
8:30 AM		<b>GROUP POWER: WHITMORE</b>	<b>Group Exercise: Whitmore</b>	<b>GROUP POWER: WHITMORE</b>	
9:40 AM	<u>Silver Sneakers</u> Smooth Moves	<u>Silver Sneakers</u> 9:45am Classic	<u>Silver Sneakers</u> Classic/Smooth Moves Combo	<u>Silver Sneakers</u> 9:45am Classic	<u>Silver Sneakers</u> Smooth Moves
10:40 AM	<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH
12:00 PM		<b>GROUP POWER: LAMPHEAR</b>		<b>GROUP POWER: LAMPHEAR</b>	
12:15 PM	<b>Group Centergy: Lamphear</b>		<b>Group Centergy: Lamphear</b>		
5:00 PM		<b>GROUP POWER: LAMPHEAR</b>		<b>GROUP POWER: LAMPHEAR</b>	

## Contact Information:

- Silver Sneakers: Jan Whitmore (479)549-7974
- Group Power & Centergy: Rita Lamphear (479)549-8110
- Women's Water Fitness: Amy Maxwell (479) 524-7856

## Pricing:

- Group Power & Centergy: \$2 students/\$3 members  
\$4 non-members
- Group Centergy Noon Class, 45 minutes: \$1.00
- Group Exercise- Variety, Inside or Outside depending on weather

