



CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:50 AM		GROUP POWER: LAMPHEAR		GROUP POWER: LAMPHEAR	
8:30 AM		GROUP POWER: WHITMORE	Group Exercise: Whitmore	GROUP POWER: WHITMORE	
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		GROUP POWER: LAMPHEAR		GROUP POWER: LAMPHEAR	
12:15 PM	Group Centergy: Lamphear		Group Centergy: Lamphear		
5:00 PM	Group Centergy	GROUP POWER: LAMPHEAR		GROUP POWER: LAMPHEAR	

Contact Information:

- Silver Sneakers: Jan Whitmore (479)549-7974
- Group Power & Centergy: Rita Lamphear (479)549-8110

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