



CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Morning Rush		Morning Rush		Morning Rush
6:00 AM		GROUP POWER		GROUP POWER	
8:30 AM	Group Centergy	GROUP POWER	Group Centergy	GROUP POWER	
9:45 AM	<u>Silver Sneakers</u> Smooth Moves	<u>Silver Sneakers</u> Classic	<u>Silver Sneakers</u> Classic/Smooth Moves Combo	<u>Silver Sneakers</u> Classic	<u>Silver Sneakers</u> Smooth Moves
10:45 AM	<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH		<u>Silver Sneakers</u> SPLASH
12:00 PM		GROUP POWER		GROUP POWER	
12.15 PM	Group Centergy		Group Centergy		
5:00 PM	Group Centergy	GROUP POWER		GROUP POWER	

Contact Information:

- Silver Sneakers: Jan Whitmore (479)-549-7974
- Group Power & Centergy: Rita Lamphear (479)-549-8110
- Morning Rush: Brittany Ladner bladner@jbu.edu

Pricing:

- Group Power, Centergy, and Morning Rush : \$2 students/\$3 members/ \$4 non-members
-bundle punch cards or session purchased from instructor
- Group Centergy 45 Minute Noon Class: \$1 *-paid to instructor*