

# CLASS SCHEDULE



**Silver Stars Fitness**

Fitness Specialists for the Baby Boomer & Beyond

## MONDAY

10:00am  
Boomer Bootcamp  
12:30pm  
Boomer Bootcamp  
6:15pm  
Boomer Bootcamp  
7:05pm  
Boomer Bootcamp

## TUESDAY

7:30am  
Boomer Bootcamp  
10:30am  
Smooth Yoga  
12:00pm  
High Energy Boomer total Body  
Strengthening Circuit  
5:30pm  
Boomer Bootcamp  
6:30pm  
Boomer Bootcamp  
7:20pm  
Boomer Bootcamp

## WEDNESDAY

10:30am  
High Energy Boomer total Body  
Strengthening Circuit  
11:30am  
Cardio and Core Extravaganza  
12:30pm  
Boomer Bootcamp  
5:30pm  
Boomer Bootcamp  
6:30pm  
Boomer Bootcamp  
7:20pm  
Boomer Bootcamp

## THURSDAY

10:00am  
High Energy Boomer total Body  
Strengthening Circuit  
11:30am  
Baby Burn Bootcamp  
12:30pm  
Baby Burn Bootcamp  
6:30pm  
Baby Burn Bootcamp  
7:20pm  
Baby Burn Bootcamp

## FRIDAY

12:30pm  
High Energy Boomer total Body  
Strengthening Circuit

## SATURDAY

10:30am  
Boomer Boot Camp  
11:30am  
Boomer Boot Camp

## SUNDAY

12:00 pm  
Smooth Yoga

*Smooth Yoga class 60  
minutes.*

*There will be a maximum of 6  
people per class.*

*Personal training, massage  
and nutritional counseling  
available.*