

CLASS SCHEDULE



Silver Stars Fitness

Fitness Specialists for the Baby Boomer & Beyond

MONDAY ★	TUESDAY ★	WEDNESDAY ★	THURSDAY ★
<p>10:00am Boomer Bootcamp</p> <p>12:30pm Boomer Bootcamp</p> <p>6:15pm Boomer Bootcamp</p> <p>7:05pm Boomer Bootcamp</p>	<p>7:30am Boomer Bootcamp</p> <p>10:30am Smooth Yoga</p> <p>12:00pm High Energy Boomer total Body Strengthening Circuit</p> <p>5:30pm Boomer Bootcamp</p> <p>6:30pm Boomer Bootcamp</p> <p>7:20pm Boomer Bootcamp</p>	<p>10:30am High Energy Boomer total Body Strengthening Circuit</p> <p>11:30am Cardio and Core Extravaganza</p> <p>12:30pm Boomer Bootcamp</p> <p>5:30pm Boomer Bootcamp</p> <p>6:30pm Boomer Bootcamp</p> <p>7:20pm Boomer Bootcamp</p>	<p>10:00am High Energy Boomer total Body Strengthening Circuit</p> <p>11:30am Baby Burn Bootcamp</p> <p>12:30pm Baby Burn Bootcamp</p> <p>6:30pm Baby Burn Bootcamp</p> <p>7:20pm Baby Burn Bootcamp</p>
FRIDAY ★	SATURDAY ★	SUNDAY ★	<p><i>Smooth Yoga class 60 minutes.</i></p> <p><i>There will be a maximum of 6 people per class.</i></p> <p><i>Personal training, massage and nutritional counseling available.</i></p>
<p>12:30pm High Energy Boomer total Body Strengthening Circuit</p>	<p>10:30am Boomer Boot Camp</p> <p>11:30am Boomer Boot Camp</p>	<p>12:00 pm Smooth Yoga</p>	