

CLASS SCHEDULE



Silver Stars Fitness

Fitness Specialists for the Baby Boomer & Beyond

MONDAY ★	TUESDAY ★	WEDNESDAY ★	THURSDAY ★
<p>12:30 pm Boomer Bootcamp</p> <p>6:15 pm Boomer Bootcamp</p>	<p>10:30 pm Smooth Yoga</p> <p>12:00 pm Boomer Bootcamp</p> <p>6:30 pm Boomer Bootcamp</p>	<p>11:30 am Balance & Fall Prevention</p> <p>12:20 pm Boomer Bootcamp</p> <p>6:30 pm Boomer Bootcamp</p>	<p>10:00 am High Energy Boomer Total Body Strengthening Circuit</p> <p>11:30 am Boomer Bootcamp</p> <p>6:30 pm Boomer Bootcamp</p>
FRIDAY ★	SATURDAY ★	SUNDAY ★	
<p>11:15 am Balance & Fall Prevention</p> <p>12:00 pm High Energy Boomer total Body Strengthening Circuit</p>		<p>11:00 am Smooth Yoga</p>	<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>