

CLASS SCHEDULE



Silver Stars Fitness

Fitness Specialists for the Baby Boomer & Beyond

MONDAY



11:30 am
Silver Stars Baby Boomer Boot Camp
All levels welcome

12:30 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

5:30 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

6:35 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

TUESDAY



10:30 am
Silver Stars Smooth Yoga

11:30 am
Silver Stars Baby Boomer Boot Camp
All levels welcome

12:30 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

5:30 pm
Silver Stars Cardio & Core Extravaganza

6:35 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

WEDNESDAY



11:30 am
Balance / Fall Prevention

12:30 pm
Balance / Fall Prevention

5:30 pm
Strong & Stable
(Knee, back & shoulder protection)

6:35 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

THURSDAY



11:30 am
Silver Stars Baby Boomer Boot Camp
All levels welcome

5:30 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

6:35 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

FRIDAY



11:00 am
Balance / Fall Prevention

12:00 pm
Silver Stars Baby Boomer Boot Camp
All levels welcome

SATURDAY



11:00 am
Silver Stars Smooth Yoga
(based on demand only - Contact us!)

SUNDAY



11:00 am
Silver Stars Smooth Yoga

Smooth Yoga class 60 minutes.

There will be a maximum of 6 people per class.

Personal training, massage and nutritional counseling available.