

## TRC BIDEWELL FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50	Power Yoga		Stretch & Renew Yoga	Barre	Power Yoga
9:00-9:50	Zumba	Barre		Zumba	Line Dance
10:00-10:50	Yoga for Strong Bones	Accessible Yoga	Yoga for Strong Bones	Accessible Yoga	
12:15--1:00	Tai Chi		Tai Chi		
4:30-5:20					
5:30-6:20	Gentle Yoga		Gentle Yoga		
6:30-7:30		Taekwondo <sup>1</sup>		Taekwondo <sup>1</sup>	
7:30-9:00				Ninjutsu <sup>1</sup>	

MARY

KIM

JUDY



SARA

Marj

JEREMY

<sup>1</sup>Martial Arts classes are not a part of the membership package.

Revised Sept.1, 2022