|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 am |  |  |  |  |  |  |
| 8:00 am |  |  |  |  |  |  |
| 9:30 am |  | **Yoga Flex**Sybill |  | **Yoga Flex**Sybill |  |  |
| 10:30 am |  |  | **Active Adults**Tiffany |  |  |  |
| 11:00 am |  |  |  |  |  |  |
| 12:30 pm |  | **Active Adults**Tiffany |  |  |  |  |
| 1:00 pm |  |  |  | **Active Adults**Helen |  |  |
| 1:15 pm | **Zumba**Kaleiah |  | **Line Dancing**Sybill |  |  |  |
| 5:15 pm |  | **Barre**Tiffany |  | **Zumba**Penny |  |  |
| 5:30 pm |  |  |  |  |  |  |
| 6:15 pm |  | **Bootcamp**Wesley |  | **Kettlebell**Wesley |  |  |
| For more information contact Fitness Manager Tiffany Moore(205) 380-2990tmoore@faithchapel.net[www.thebridgeonline.org](http://www.thebridgeonline.org)/fitzone |  | Faith Chapel Membership not required---------------------------------------------------Payment Options:$3 per class or $15 Unlimited Monthly --------------------------------------------------- |