

## Cary Grossman Health & Wellness Center

**\*Registration is required to participate in all classes. Call to register for classes.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*2:00 to 3:30 pm Cardiac Wellness Class Registration Required</b></p>	<p><b>*11:00 to 11:50 am Chair Yoga Punch Card Only Registration Required</b></p> <p><b>*12:15 to 1:15 pm Balance Class</b></p> <p><b>4:30 to 5:00 pm HIIT</b></p>	<p><b>*2:00 to 3:30 pm Cardiac Wellness Class Registration Required</b></p>	<p><b>*11:00 to 11:50 am Chair Yoga Punch Card Only Registration Required</b></p> <p><b>*12:15 to 1:15 pm Balance Class</b></p> <p><b>4:30 to 5 pm HIIT</b></p> <p><b>*5:00 to 5:50 pm Yoga Punch Card Only</b></p>	<p><b>*2:00 to 3:30 pm Cardiac Wellness Class Registration Required</b></p>