

Cary Grossman Health & Wellness Center

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

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