

Cary Grossman Health & Wellness Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<p>*2:30 to 4:00 pm Cardiac Wellness Class Registration Required</p> <p>Boot Camp Punch Card Only 5:00 pm to 5:30 pm</p>	<p>*10:00 to 10:50 am Balance Class Punch Card Only</p> <p>*11:00 to 11:50 am Chair Yoga Punch Card Only Registration Required</p> <p>12:00 to 12:50 pm Balance Class Punch Card Only</p> <p>Cardiac Wellness Class Registration Required 2:30 pm to 4:00 pm</p> <p>4:30 to 5:00 pm HIIT</p> <p>*5:00 to 5:50 pm Pelvic/Core Class Punch Card Only</p>	<p>*2:30 to 4:00 pm Cardiac Wellness Class Registration Required</p> <p>Boot Camp Punch Card Only 5:00 pm to 5:30 pm</p>	<p>*10:00 to 10:50 am Balance Class Punch Card Only</p> <p>*11:00 to 11:50 am Chair Yoga Punch Card Only Registration Required</p> <p>12:00 to 12:50 pm Balance Class Punch Card Only</p> <p>Cardiac Wellness Class Registration Required 2:30 pm to 4:00 pm</p> <p>4:30 to 5 pm HIIT</p> <p>*5:00 to 5:50 pm Yoga Punch Card Only</p>	<p>*2:30 to 4:00 pm Cardiac Wellness Class Registration Required</p>	<p>Boot Camp Punch Card Only 9:00 to 9:45 am</p>