

The Dance Club/Apex Athletics Adult Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Circuit Training with Kilee Kennedy 10:30-11:30 AM Babysitting provided	Stretching & Recovery with Kilee Kennedy 9:00-10:00 AM *Babysitting provided at Open Bounce	Circuit Training with Kilee Kennedy 10:30-11:30 AM Babysitting provided	Barre & Stretching with Kilee Kennedy 9:00-10:00 AM *Babysitting provided at Open Bounce	Circuit Training with Kilee Kennedy 9:00-10:00 AM Babysitting provided
	PiYo with Holly 6:30-7:30 PM		Turbo Kick with Holly 7:00-8:00 PM	PiYo with Holly 4:30-5:30 PM
	Circuit Training with Kilee Kennedy 7:00-8:00 PM			