JUNE VIRTUAL CLASSES

Stay Fit and Healthy at Home!

**Monday**
HIIT - 8am
Fitness Club M/W . 9am
SilverSneakers Classic M/W . 10:15am
Tai Chi Yoga Fusion . 4pm
Body Weight Boot Camp . 5:30pm
Belly Dance Fitness . 6pm
Zumba . 6:35pm

**Tuesday**
Total Body Fitness T/TH . 8:30am
Light Yoga Tu/F . 8:45am
SilverSneakers Classic T/TH . 9:45am
Gentle Yoga . 10:30am
Chair Yoga T/TH . 11am
Pop Pilates . 5:30pm

**Wednesday**
Walk For Fitness . 9am
Hatha Yoga . 4pm
Zumba Toning . 5:30pm
Essentrics . 6pm

**Thursday**
Therapeutic Tai Chi . 10am
Barre Sculpt . 12:15pm
Fit Body Express . 5:45pm

**Friday**
Chair Yoga . 8:30am
Mat Pilates . 9:45am

**Saturday**
Pop Pilates . 8:05am
Barre Sculpt . 9am
Fitness Fusion . 9:10am
Core Yoga . 9:15am
Parkinson's, MS, & More . 10:45am

Fees associated.
Premier Pass & WIP (SilverSneakers, Renew Active) member benefits available.

Visit:
[englewoodco.gov](http://englewoodco.gov) for details.

Register NOW!