

<u>Time</u>	<u>Activity</u>	<u>Location</u>	<u>Ages</u>
2-2:30pm	Disc Golf Demo	Gym	All
2-2:30pm	Breath & Meditation Yoga w/ Annastasia	Dance Studio	15+
2:45-3:15pm	Zumba w/ Muff	Gym	14+
2:45-3:15pm	Vinyasa Yoga w/ Annastasia	Dance Studio	15+
3-3:30pm	Zumba Gold	Classroom 1&2	50+
3-3:30pm	Aqua Aerobics	Westover Pool	15+
3-3:45pm	Paint4Fun & Paint4Fun Kids	Craft Room #3	7+
3-3:45pm	Genealogy	Craft Room #2	12+
3:30-4pm	Hoop Dance	Gym	8+
3:30-4pm	Yin Yoga w/ Annastasia	Dance Studio	15+
3:30-4pm	Kids Zumba	Classroom 1&2	5 to 12
4-4:30pm	Basic Yoga w/ Sue	Classroom 1&2	15+
4-4:45pm	Paddleboarding Demo	Westover Pool	
4:15-5pm	Pickleball Demo	Gym	10+
4:15-4:45pm	Jewelry Making	Craft Room #4	13+
4:30-5pm	Vinyasa Yoga w/ Sue	Classroom 1&2	15+
4:45-5:30pm	Kayaking Demo	Westover Pool	
5-5:15pm	Kids Yoga w/ Sue	Classroom 1&2	5 to 12
5-5:30pm	Interval Fitness	Gym	15+