



ADULT FITNESS

	Monday	Tuesday	Wednesday	Thursday
9:00-11:00a				Pickleball
5:30-6:30p	Spin	Get Fit	Spin	Get Fit

REGISTER AT ANY BTPD FACILITY

ALL CLASSES LOCATED AT THE RECREATION STATION



SENIOR FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:10-10:00a	Chair Aerobics	Senior Circuit (9-9:50a)	Chair Aerobics	Pickleball (9-11a)	Chair Aerobics
10:00-11:00a	Senior Aerobics		Senior Aerobics		Senior Aerobics
11:00a-12:00p					Gentle yoga

REGISTER AT ANY BTPD FACILITY

ALL CLASSES LOCATED AT THE RECREATION STATION

