



Gaitway Neurophysio Group Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						
10 AM		PD Warrior (10-11 am) 	REGISTER Falls Prevention (9:30-10:30 am)		REGISTER Falls Prevention (9:30-10:30 am)	Rock Steady Boxing (9:15-10:15 am)
11 AM				10wk PD Warrior (11-12 pm) 	FREE Dynamic Movement (11-12 pm) 	
12 PM						
1 PM	Chair Pilates (12-1 pm) 		Mat Pilates (12-1 pm)			Hybrid PWR! (12:30-1:30 pm)
2 PM	Rock Steady Boxing (1-2 pm)	PD Conditioning (1-2 pm) 	Rock Steady Boxing (1-2 pm)	PD Conditioning (1-2 pm) 	Rock Steady Boxing (1-2 pm)	
3 PM	FREE Tai Chi (2:30-3:30 pm) 			PWR! (2-3 pm) 		
4 PM						
5 PM						
6 PM						
7 PM		Rock Steady Boxing (6-7 pm)				

Seated Standing