



# Gaitway Neurophysio Group Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						
10 AM						Rock Steady Boxing (9:15-10:15 am)
11 AM	REGISTER Falls Prevention (11-12 pm)	FREE Dance Fit (11-12 pm)	REGISTER Falls Prevention (11-12 pm)	REGISTER 10wk PD Warrior (11-12 pm) <i>Jan. 23 - Apr. 10</i>	FREE Dynamic Movement (11-12 pm)	
12 PM						
1 PM	Chair Pilates (12-1 pm)		Mat Pilates (12-1 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)	Hybrid PWR! (12:30-1:30 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