

CSDA/SNAP FITNESS CLASS SCHEDULE

11/5/2008

NOVEMBER 2008

| TIME | MON | TUES | WED | THURS | FRI |
|-----------------|--------------------|--------------------|-----------------------------|----------------------------|------------------|
| 8:30am-9:25am | Gentle Aerobic (1) | Young at Heart (1) | Gentle Aerobics (1) | Young at Heart (1) | Line Dancing (1) |
| 9:30am-10:25am | Bodysculpting (1) | Bodysculpting (2) | Bodysculpting (1) | Bodysculpting (3) | Yoga (2) |
| | Yoga (3) | | Senior Fitness Ballroom (2) | Line Dancing (Private) (2) | |
| 10:30am-11:25am | Sit & Get Fit (1) | | Sit & Get Fit (1) | | |
| 6:30pm-7:30pm | | Yoga (2) | | | |
| 7:30pm-8:30pm | | | | Body Sculpting (2) | |

1: Studio 1

2: Studio 2

3: Studio 3

NOTE: The following Classes have been cancelled:

November 11, 2008: Veteran's Day

November 24-28, 2008: Thanksgiving Holiday

We Do Apologize for Any Inconvenience

SCHEDULE SUBJECT TO CHANGE, INCLUDING INSTRUCTOR, TIME AND DAYS, DUE TO VARIOUS REASONS INCLUDING VACATIONS, EMERGENCIES, HOLIDAYS, ETC.

Center Stage Dance Academy

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