

# FLC FITNESS GROUP CLASSES

SEPTEMBER 2020

MON	TUES	WED	THURS	FRI
8-8:45 am Mega Mixx Angela		8-8:45 am Cardio Weights Angela		8-8:45 am Kickboxing Angela
9-9:45 am Step, Rm 222 Angela	9-9:45 am Power Pump Emily	9-9:45 am Silver Sneakers Denise	9-9:45 am Lower Body Emily	9-9:45 am Step, Rm 222 Angela
9-9:45 am Silver Sneakers Denise	9-9:45 am Basic Line Dancing Rm 222; Robert			9-9:45 am Silver Sneakers Denise
10-10:45 am Silver & Fit Denise		10-10:45 am Silver & Fit Denise		10-10:45 am Silver & Fit Denise
11-11:45 am Gentle Flow Rm 222, Chi				

- Masks are required when entering and exiting the building, and while on walking track.
- Visit [pvcc.org/flc](http://pvcc.org/flc) for more safety procedures.

