



MAR 2023

BST EAST EXERCISE SCHEDULE



Monday

10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana



Tuesday

7am Walking Club - Starts at F & V
9am Aqua Fitness, Hope
10:15am Tai Chi for Balance, Hope–F & V
11am Line Dancing, -Hope -F & V



Wednesday

10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana



Thursday

7am Walking Club - Starts at F & V
9am Water Fitness, Hope
10:15am Tai Chi for Balance, Hope–F & V
11am Line Dancing, -Hope -F & V



Friday

10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana





MAR 2023

BST WEST EXERCISE SCHEDULE



Monday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 –2
11:15am Zumba, Mariana, CC 1 –2



Tuesday

9am Chair Yoga, Theresa -CC 1 –2
10am Line Dancing, George –CC 2
10am Yoga, Theresa -CC 1
11am Chair Yoga , Theresa -CC 1 –2
1pm Cardio, Mariana–CC 1
1:45pm Chair Exercise, Mariana–CC 1



Wednesday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 –2
11:15am Zumba, Mariana, CC 1 –2
1pm Balance, Hope –CC 1 –2

Thursday

9am Chair Yoga, Theresa -CC 1 –2
10am Yoga, Theresa -CC 1
11am Chair Yoga , Theresa -CC 1 –2
1pm Cardio, Mariana–CC 1
1:45pm Chair Exercise, Mariana–CC 1



Friday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 –2
11:15am Zumba, Mariana, CC 1 –2
1pm Balance, Hope –CC 1 –2

