



Lincoln Health

Patrick Rehab & Wellness Center

Group Fitness Schedule

Date	Time	Class	Instructor
Mon	🏊 8:30-9:15 am 🏊	Water Aerobics	Kim
	9:30-10:20 am	Silver Strength	Kim
	10:30-11:00 am	Strength Training	Kim
	4:30-5:15 pm	Tabata	Kim
	🏊 5:00-5:45 pm 🏊	Aqua-Fit	Cyndi
	5:30-6:30 pm	Barlates	Beth
	6:30-7:15 pm	Yoga	Cyndi
Tues	9:00-10:00 am	Core & Flexibility	Kim
	4:30-5:30 pm	Dance-2-Fit	Montie/Vocky
	🏊 5:00-5:45 pm 🏊	Aqua-Fit	Cyndi
	6:00-7:00 pm	POUND	Cyndi
Wed	7:30-8:15 am	Pilates	Beth
	8:30-9:15 am	Barre'	Beth
	🏊 8:30-9:15 am 🏊	Water Aerobics	Kim
	9:30-10:20 am	Silver Strength	Kim
	10:30-11:00 am	Strength Training	Kim
	4:30-5:30 pm	Fit Club	Kim
5:15-6:00 pm	Focused & Fit	Paula	
Thur	9:00-10:00 am	Core & Flexibility	Kim
	4:30-5:30 pm	Dance-2-Fit	Montie/Vocky
	🏊 5:00-5:45 pm 🏊	Aqua-Fit	Cyndi
	6:15-7:00 pm	Yoga	Cyndi
Fri	🏊 8:30-9:15 am 🏊	Water Aerobics	Kim
	9:30-10:20 am	Silver Strength	Kim
	10:30-11:00 am	Strength Training	Kim
Sat	8:30-9:30 am	PiYo	Paula
	10:00-11:00 am	Dance-2-Fit	Montie/Vocky

🏊 Classes in Pool 🏊

#OneMore_PRWC