

Gamber Community Center

Group Exercise Schedule - Aug 1-Aug 31st - continued Phase II schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9am Ty	SilverSneakers Classic	10am Gloria	SilverSneakers Yoga	9am Gloria	SilverSneakers Classic	9am Elisabeth	SilverSneakers Yoga	9am Lori E	SilverSneakers Classic		
						11am Jamie	SilverSneakers Classic	11am Gloria	SilverSneakers Yoga		
						<p>**Due to limited space in classes, please be considerate to others and only sign up for one class a day. Back to back classes are strongly discouraged as it limits those like yourself also wanting to take classes. **</p>					
6pm Christa	SET	5pm Nedra	Essentrics	6pm Christa	Zumba						

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Special Instruction:

- Classes will be held in the group exercise room
- Class participation limit is 11 participants per class.
- Call 816-969-1580 in advance to guarantee your spot in class while space is available.
- Classes are 50 minutes.
- Classes may be modified for all fitness levels.
- Please bring a bottle of water and your own mat if needed.
- We reserve the right to cancel or change classes without notice. We apologize for any inconvenience if this occurs.