

SUN CITY MESQUITE WEEKLY FITNESS CLASSES
Pioneer Center
2021 Schedule

Dance Fitness & Water Aerobics \$3.00 per class
 Dance Fitness & Water Aerobics Package 20 visits \$50.00

Credit Cards only

Pilates \$3.00 per class (pay instructor)

Yoga \$5.00 per class (pay instructor)

MONDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
TUESDAY:	Yoga	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
	Chair Yoga.....	11:00 - 11:45 am
WEDNESDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 - 10:45 am
THURSDAY:	Yoga	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
	Chair Yoga.....	11:00 – 11:45 am
FRIDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 11:45 am
SATURDAY:	Yoga.....	9:00 – 9:45 am