



East Community Center, 5933 S Fairfield St., Littleton, 720-468-4581

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Fit-boxing 9:30-10:30 am	Indoor Cycling 9:30-10:30 am	Fit-boxing 9:30-10:30 am	Indoor Cycling 9:30-10:30 am	Level 2 Yoga 9:30-10:30 am
Coffee & Connect 10:30 am 1st Mon of the month	Coffee & Connect 10:30 am 2nd Tues of the month	Coffee & Connect 10:30 am 3rd Wed of the month	Coffee & Connect 10:30 am 4th Thur of the month	Education Session 10:30 am See the calendar for dates
Indoor Cycling 11:00-12:00 pm Supported Fit-Boxing 11:00-12:00 pm	Strength and Balance 11:00-12:00 pm	Yoga for All Levels 11:00-12:00 pm	Strength and Balance 11:00-12:00 pm	Tai Chi for All Levels 11:30-12:30 pm Care Partner Coffee & Connect 4th Friday 11:30-12:30 pm
First time? Call for an orientation 720-468-4581	Dance Exercise for All Levels 12:30-1:30 pm	Ping Pong Practice and Play 12:00-1:00pm	Supported Strength and Balance 12:30-1:30 pm	Supported= majority of class is seated All Levels = mix of seated and standing (or mat) Not specified = standing

