



Silver Sneakers Class Schedule (classroom)



All levels of fitness are welcome!

Cardio Circuit/Classic:

Mondays and Tuesdays

9:30am-10:30am with Dawn
10:45am-11:45am-with Dawn

Wednesdays and Thursdays

9:30am-10:30am with Abby
10:45-11:45am with Abby

Fridays

9:30am-10:30am with Mary Pat
10:45am-11:45 with Mary Pat

If you have any questions, please contact NOMAD at 704.949.1555