



# OUTDOOR EXERCISE SCHEDULE

## STURGIS

Tuesdays	Zumba Gold	1:00 p.m.
	Chair Yoga	2:00 p.m.
Wednesdays	Cardio Drumming	11:00 a.m.
Fridays	Cardio Drumming	11:00 a.m.

## THREE RIVERS

Mondays	Cardio Drumming	9:30 a.m.
	Balance Exercise	11:00 a.m.
	Chair Yoga	1:00 p.m.
Wednesday	Cardio Drumming	9:30 a.m.
	Balance Exercise	11:00 a.m.
Friday	Balance Exercise	11:00 a.m.