

# ORLEANS SENIOR CENTER FITNESS CLASSES

## CHANNEL 18 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:30 - 9:30 AM	Morning Fitness with Becky	✘	Morning Fitness with Becky	Morning Fitness with Becky	Men's Fitness with Alan	
9:30 - 10:30 AM	Sit Fitness with Debbie	✘	Yoga with Jane	Yoga with Jane	Gentle Yoga with Debra	
11:00 - 12:00 PM	✘	Sit Fitness with Debbie	Chair Yoga with Aisling	Sit Fitness with Debbie	Chair Yoga with Aisling	
12:00 - 1:00 PM	Gentle Yoga with Debra	Yoga with Jane	Gentle Yoga with Debra	Chair Yoga with Aisling	Fitness with Becky	