



Winter 2019 Exercise Schedule

Monday

8:30am-11:00am- Walking (on
your own)

10:30-11:15am- Young at Heart

11:30-12:15 Senior Fit

Tuesday

8:30am-11:00am- Walking (on
your own)

11:30-12:15 Senior Fit

Wednesday

8:30am-11:00am- Walking (on your
own)

10:30-11:15am- Young at Heart

6:00-6:45pm- Walk 'n' Rock

Thursday

8:30am-11:00am- Walking (on your
own)

10:30-11:15am- Young at Heart

5:30-6:15pm- Circuit Training

Friday

8:30-11:00am- Walking (on
your own)



All classes are FREE!

For updates on class cancellations, changes, or additions please follow us on social media. Any questions regarding exercise please contact, Recreation Director, Allie Shook at parkrec@plymouthin.com or at 936-7255 for more information.

Senior Fit: please contact Danielle LeFleur at 574-335-4691 if interested in attending.