

FREE WELLBRIDGE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am 30 min. Cardio	10:30am 45 min. Fit Walk		10:30am 45 min. Fit Walk	10:30am 30 min. Cardio	10:30am 30 min. Cardio
11am 30 min. Balance, Flexibility & Strength		11am 30 min. Balance, Flexibility & Strength		11am 30 min. Balance, Flexibility & Strength	
6pm 30 min. Cardio	6pm 45 min. Fit Walk	6pm 30 min. Cardio	6pm 45 min. Fit Walk		
6:30pm 30 min. Balance, Flexibility & Strength		6:30pm 30 min. Balance, Flexibility & Strength	Try any one of these 'drop-in' style classes today. Free to all members. All classes meet on the Fitness Floor at both facilities.		


**Centegra
Health Bridge**
 Fitness Center
 ALWAYS LOOKING AHEADSM

>> **GET STARTED TODAY!** For more information about the WellBridge program, visit healthbridgefitness.com/wellbridge or call our membership staff at 815-444-2900.