

Carson City Community Center
Terri Patti's Fitness Classes



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Tabata Terri 5:30am	BLAST Terri 5:30am	Strength & More Terri 5:30am		H.I.I.T. Terri 5:30am
	<u>"Flow" Yoga**</u> <u>Patti</u> <u>10:30am</u>		<u>"Flow" Yoga**</u> <u>Patti</u> <u>10:30am</u>	
H.I.I.T. Terri 12:05p	Strength & More Terri 12:05p	Flexible Core Strength Patti 12:05p	Tabata Terri 12:05p	

****YOGA Classes Held in the Comstock Room - East side of the Community Center**

CLASS SCHEDULE SUBJECT TO CHANGE
Schedule Effective 5/01/16

CLASSES WILL BE HELD IN THE TAHOE ROOM NEXT TO THE GYM & ACROSS FROM THE SWIM CENTER. YOU WILL HAVE FULL ACCESS TO THE SWIM SHOWERS.
 QUESTIONS? TERRI 721-9987 OR PATTI 721-6182

\$10 Drop-in fee (monthly rates available)



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