

Pokagon Band Wellness Center

Hours of Operation: **Monday – Friday:** 6:00 a.m. – 8:00 p.m. **Saturday:** 8:00 a.m. – 12:00 p.m.

Weekly Class Schedule (Summer):

Monday: Circuit Training: 6:30 a.m. – 7:30 a.m. and 1:15 p.m. – 1:45 p.m.
Elders Health & Wellness: 11:00 a.m. – 11:45 a.m.
Beginners Yoga: 4:00 p.m. – 5:30 p.m.
Zumba!: 5:30 p.m. – 6:30 p.m.

Tuesday: Lean Lunch: 12:15 p.m. – 12:45 p.m. and 1:15 p.m. – 1:45 p.m.
Tone Up! 5:30 p.m. – 6:15 p.m.

Wednesday: Circuit Training: 6:30 a.m. – 7:30 a.m. and 1:15 p.m. – 1:45 p.m.
Elders Health & Wellness: 11:00 a.m. – 11:45 a.m.
Zumba!: 5:30 p.m. – 6:30 p.m.

Thursday: Lean Lunch: 12:15 p.m. – 12:45 p.m. and 1:15 p.m. – 1:45 p.m.

Friday: Circuit Training: 6:30 a.m. – 7:30 a.m. and 1:15 p.m. – 1:45 p.m.
Elders Health & Wellness: 11:00 a.m. – 11:45 a.m.

Saturday: Classes available upon request

