

# Adult fitness classes at BFR

## MORNINGS

MONDAY MORNING	TUESDAY MORNING	WEDNESDAY MORNING	THURSDAY MORNING	FRIDAY MORNING	SATURDAY MORNING
5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX	5:30 a.m. TRX	8 a.m. Prenatal TRX
7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	7:30 a.m. Total Body Conditioning	
8:30 a.m. All Star Aerobics	8:30 Water Exercise at Maple Crest	8:30 a.m. All Star Aerobics	8:30 a.m. Water Exercise at Maple Crest	8:30 a.m. Yoga Fit	
9:30 a.m. Water Exercise at Maple Crest	9 a.m. TRX Circuits	9:45 a.m. Silver Sneakers	9:30 a.m. Water Exercise at Maple Crest	9:45 a.m. Silver Sneakers	
9:45 a.m. SilverSneakers	9:30 a.m. Water Exercise at Maple Crest				

## EVENINGS

Bluffton Family Recreation 215 Snider Road Bluffton 419-358-4150 www.BFRonline.com	TUESDAY EVENING	WEDNESDAY EVENING	THURSDAY EVENING	Class fees follow: First class is free. \$4 for members • \$6 for non- members
	7 p.m. TRX	5:30 p.m. TRX	6 p.m. TRX	Childcare for evening classes: Free for members \$2 per child for non-members
		6:30 p.m. TRX Circuits	7 p.m. H.I.I.T	