

## GHF Women

Monday	Tuesday	Thursday	Friday	Saturday
Street Walkers 8:30-9:30am Debra Johnson	Outdoor PiYo 7:00 - 8:00am Sarah Diagneault	Outdoor PiYo 7:00 - 8:00am Sarah Diagneault	Street Walkers 8:30-9:30am Debra Johnson	Outdoor Zumba 8:45-9:45am Mariadela Ramirez

## GHF Main

Wednesday
Fitness Walking 10:30-11:30am Beth Borsa

## GHF Tioga

Monday	Tuesday	Wednesday	Thursday
Outdoor Conditioning 9-10am Andy Farina	Outdoor Conditioning 6:30-7:30am Maddy-Grace Oberg	Fitness Walking 9:15-10:15am Vicki Frankland	Outdoor Conditioning 9-10am Andy Farina
	Fitness Walking 9:15-10:15am Beth Borsa		Fitness Walking 9:15-10:15am Beth Borsa

