

ONAWA CLASS SCHEDULE

Mon	Tues	Wed	Thurs	Fri
Circuit Training 5:15 a.m.	Silver Sneakers 1 p.m.	Silver Sneakers 10 a.m.	No Classes	Balance 10 a.m.
Balance 8:30 a.m.	Seated Yoga 1:30 p.m.	Seated Yoga 10:30 a.m.		

MEMBERSHIP RATES

1 MONTH: \$50

SR & STUDENTS: \$45

3 MONTHS: \$120

SR & STUDENTS: \$105



BURGESS
Wellness Center

Onawa 1.712.423.9287