

ONAWA CLASS SCHEDULE

Mon	Tues	Wed	Thurs	Fri
Balance 8:30 a.m.	Circuit Training 6:30 a.m.	Seated Yoga 10 a.m.	Circuit Training 6:30 a.m.	Balance 8:30 a.m.
Seated Yoga 9 a.m.	Silver Sneakers 8:30 a.m.	12 Week Tone 5:15 p.m.	Silver Sneakers 8:30 a.m.	Seated Yoga 9 a.m.
Yoga 5 p.m.	Seated Yoga 9 a.m.		Seated Yoga 9 a.m.	
Zumba 5:30 p.m. (Elem. School)	Parkinson's 9:30 a.m.		Parkinson's 9:30 a.m.	
			Zumba 4 p.m. (Elem. School)	
			Yoga 5:30 p.m.	

MEMBERSHIP RATES

1 MONTH: \$50

SR & STUDENTS: \$45

3 MONTHS: \$120

SR & STUDENTS: \$105



BURGESS
Wellness Center

Onawa 1.712.423.9287