

ONAWA CLASS SCHEDULE

Mon

Seated Yoga
8:30 a.m.

Balance 9 a.m.

Yoga 5 p.m.

Zumba 5:30 p.m.
(Elem. School)

Tues

Circuit Training
6:30 a.m.

Silver Sneakers
8:30 a.m.

Seated Yoga 9 a.m.

Parkinson's
9:30 a.m.

Wed

Seated Yoga 10 a.m.

12 Week Tone
5:15 p.m.

Thurs

Circuit Training
6:30 a.m.

Silver Sneakers
8:30 a.m.

Seated Yoga 9 a.m.

Parkinson's
9:30 a.m.

Zumba 4 p.m.
(Elem. School)

Yoga 5:30 p.m.

Fri

Balance 8:30 a.m.

Seated Yoga 9 a.m.

MEMBERSHIP RATES

1 MONTH: \$50

3 MONTHS: \$120

SR & STUDENTS: \$45

SR & STUDENTS: \$105



BURGESS
Wellness Center

Onawa 1.712.423.9287