

# DOGWOOD SCHEDULE



Fitness Class Schedule

- Free with Membership

- Cost with/without Membership

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes	Les Mills Free Virtual Classes
7:00 AM							
8:00 AM							
9:00 AM		Strength, Tone, and Fitness 9-10 am	NEW CLASS coming soon..		Strength, Tone, and Fitness 9-10 am	Gentle Yoga 9-10 am	Core Yoga 9-10 am
10:00 AM							
11:00 AM							
12 NOON	Tai Chi for Arthritis (Starts September)		Tai Chi for Arthritis (Starts September)		Happy Tappers 10:30 - 11:30		
1:00 PM					Total Body Chair 1:30 - 2:30		
2:00 PM	Qi Gong Foundational 1 2:30 - 3:30 pm	Qi Gong Foundational 1 2:30 - 3:30 pm					
3:00 PM							SHIN-GANE AIKIDO 2:30 - 3:30 pm
4:00 PM							
5:00 PM		NEW Classes are coming soon!		NEW Classes are coming soon!			
6:00 PM	Missouri River Cloggers 6 - 8 pm		Missouri River Cloggers 6 - 8 pm				
7:00 PM							
8:00 PM							
9:00 PM							

**Register for Classes**



New Classes!

See Class Descriptions and Registration Online w/ QR code

Summer 2024