

JEFFERSON CITY COMMUNITY CENTER

LAND AEROBICS CLASS SCHEDULE

MONDAY:

YOGA 6:30 AM

YOGA 7:00 PM

TUESDAY:

YOGA 6:00 AM

YOGA 7:00 PM

WEDNESDAY:

YOGA 6:30 AM

THURSDAY:

YOGA 6:00 AM

YOGA 7:00 PM

FRIDAY:

YOGA 6:30

COST \$3.00 PER CLASS

AGE 55+ (12 CLASS PASS) \$21.00

UNDER 55 (12 CLASS PASS) \$30.00