



Seneca Street Class Schedule

Effective: July 17, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00 AM SHRED/IGNITE Renee				8:30 AM ZUMBA Mary
10:30 AM SILVERSNEAKERS CLASSIC Kelly H		10:30 AM CHAIR YOGA Kelly H	10:30 AM SILVERSNEAKERS CLASSIC Kelly H			
		6:00 PM HOPE CHEST BCS Beth				
	6:30 PM ZUMBA Melissa					

Please bring your own exercise mat.
All classes are 45-55 minutes unless otherwise noted

Group Fitness Manager - Ellen Coleman ecoleman@catalystfitnessbuffalo.com

"Failure is the opportunity to begin again intelligently'."