



SILVERSNEAKER & BOOM SCHEDULE

Current Classes at Fusion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM					6:00AM BOOM Mind	
8:30AM						
9:30AM	Classic	BOOM Muscle	Classic	Fitness Class (check Fusion Sched.)	Classic	

Current Classes at Wyse Commons

6:30AM	Classic		Classic		Classic	
8:30AM	Circuit		Circuit		Circuit	
9:30AM	Splash II	Splash		Splash		
10:30AM	Classic	Splash	Classic	Splash	Classic	
11:30AM		Splash II		Splash II		



Fusion Health & Fitness Hours

M-TH 5:00am - 10:00pm FRI 5:00am - 7:00pm SAT 8:00am - 2:00pm SUN 1:00pm - 5:00pm

If you have a Fusion Membership, and do not have a SilverSneakers swipe card, you CAN participate in any of the land classes at both locations. Your Fusion or Everence membership will now give you access to those land classes at no additional charge.