

# Senior Fitness Schedule

Effective 12/1/17



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-10:30am Splash Calisse - Pool</p>	<p>9:30-10:30am Aqua Zumba Melissa - Pool</p> 	<p>9:30-10:30am Splash Melinda - Pool</p>	<p>9:30-10:30am Splash Paula - Pool</p>	<p>9:30-10:30am Splash Terri - Pool</p>
<p>11:15am-12:15pm SilverSneakers Classic* Calisse - AR</p> 	<p>11:15am-12:15pm SilverSneakers Circuit* Andrea - AR</p> 	<p>11:15am-12:15pm SilverSneakers Classic* Melinda - AR</p> 	<p>11:15am-12:15pm SilverSneakers Circuit* Andrea - AR</p> 	
<p>12:30-1:15pm Gentle Yoga Sharon - AR</p>	<p>12:15-1:15pm SilverSneakers Cardio Andrea - AR</p> 	<p>12:30-1:30pm Gentle Fitness Sharon - AR</p>		<p>12:30-1:30pm Gentle Fitness Sharon - AR</p>
<p>1:30-2:30pm SilverSneakers Classic Micki - AR</p> 				<p>1:30-2:30pm SilverSneakers Classic Micki - AR</p> 

AR-Aerobics Room

\* Class Pass Required - Pick up at Front Desk  
up to 1 hour before the start of class

SilverSneakers Orientation

2nd & 4th Wednesday of every  
month from 2:30-3:30pm