

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am Splash Calisse - Pool	9:30-10:30am Splash Paula - Pool	8:30-9:30am Deep Water Splash Nancy - Pool	9:30-10:30am Splash Paula - Pool	9:30-10:30am Splash Terri - Pool
11:15am-12:15pm SilverSneakers *Classic Calisse - AR 	11:15am-12:15am SilverSneakers *Circuit Andrea - AR 	11:15am-12:15pm SilverSneakers *Classic Melinda - AR 	11:15am-12:15pm SilverSneakers *Circuit Andrea - AR 	
12:30-1:30pm Gentle Fitness Sharon - AR	12:30-1:15pm SilverSneakers Cardio Andrea - AR 	12:30-1:30pm Gentle Fitness Sharon - AR	1:15-2:00 pm Gentle Yoga (Chair) Sharon - AR	12:30-1:30pm Gentle Fitness Sharon - AR
1:30-2:30pm SilverSneakers Classic Micki- AR 			6:45-7:30 pm Splash Calisse - Pool	1:30-2:30pm *SilverSneakers Classic Micki - AR 

Revised 5/1/2019

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