

Older Active Adults/ Silver Sneakers Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9 MP Gentle Yoga with Susan	8:25-8:55 MP Oxibreathing with Louise/ Barbara	8-9 MP Gentle Yoga with Susan	8:25-8:55 MP Oxibreathing with Louise/ Barbara	
8:15-9 Pool Silver Ripples	8:15-9 Pool Silver Ripples	8:15-9 Pool Silver Ripples	8:15-9 Pool Silver Ripples	8:15-9 Pool Silver Ripples
	9-9:55 A Stretch 'n Tone with Gail		9-9:55 A Chair Yoga with Gail	
10:05 A Cardio Mix with Helena		10:05 A Zumba Gold with Helena		10:05-11 A Zumba Gold and Tone with Helena
10:15-11 Pool Cardio and Core Conditioning		10:15-11 Pool Cardio and Core Conditioning		
		11:05-12PM MP High Low and BATH		
1-2 Pool Simply Arthritis	1-2 Pool Simply Arthritis	1-2 Pool Simply Arthritis	1-2 Pool Simply Arthritis	1-2 Pool Simply Arthritis
1:30-2:30 A Body Movement with Helena		1:30-2:30 A Body Movement with Helena		1:30-2:30 A Body Movement with Helena
3-4 A Beginners Yoga with Tim		3-4 A Beginners Yoga with Tim		
A = Aerobic room across from main fitness	MP = Multi Purpose Room located across from front desk			Older Active adult and Silver Sneakers are not limited to these classes alone!!

Old age aint for sissies!



Betty Davis

