

# CHRISTUS Good Shepherd Institute for Healthy Living

## Seniors Group Fitness Schedule Updated July 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)	
6:10 AM			<u>All Ages and Stages</u> Group Fitness Studio Nancy (50 Min)		<u>All Ages and Stages</u> Group Fitness Studio Kayla (50 Min)		
7:30 AM		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)	
8:30 AM							
9:00 AM					<u>Zumba Gold Toning@</u> Group Fitness Studio Kayla (45 Min)	<u>Zumba Gold@</u> Group Fitness Studio Kayla (60 Min) <u>Chair T'ai Chi</u> Education Room Linda (45 Min)	
9:30 AM			<u>Zumba Gold@</u> Group Fitness Studio Linda (30 Min)				
10:00 AM		<u>Express Circuit Training</u> Fitness Floor Brittany (30 Min) <b>**TICKET REQUIRED**</b> <u>Move It or Lose It</u> Group Fitness Studio Amanda (55 Min)	<u>T'ai Chi</u> Mind/Body Studio Linda (60 Min) <u>Senior Yoga Stretch Fundamentals</u> Education Room Mark (60 Min)	<u>Express Circuit Training.</u> Fitness Floor Amanda (30 Min) <b>**TICKET REQUIRED**</b> <u>Move It or Lose It</u> Group Fitness Studio Kayla (55 Min) <u>T'ai Chi</u> Mind/Body Studio Linda (60 Min)	<u>Advanced T'ai Chi</u> Mind/Body Studio Linda (60 Min) <u>Senior Yoga Stretch Fundamentals</u> Education Room Mark (60 Min)	<u>Express Circuit Training</u> Fitness Floor Sandy (30 Min) <b>**TICKET REQUIRED**</b> <u>Move It or Lose It</u> Group Fitness Studio Nancy (55 Min) <u>Beginner T'ai Chi</u> Mind/Body Studio Linda (60 Min)	
10:30 AM		<u>Aqua Zumba@</u> Lap Pool Kayla (60 Min)	<u>Aqua Motion</u> Lap Pool Woodie (60 Min)		<u>Aqua Motion</u> Lap Pool Sandy (60 Min)	<u>Aqua Zumba@</u> Resistance Pool Kayla (60 Min)	
11:00 AM		<u>Senior Fitness</u> Group Fitness Studio Mark (45 Min)	<u>Senior Yoga Stretch</u> Education Room Mark (60 Min)	<u>Senior Fitness</u> Group Fitness Studio Mark (45 Min)	<u>Senior Yoga Stretch</u> Education Room Mark (60 Min)	<u>Senior Fitness</u> Group Fitness Studio Woodie (45 Min)	
11:10 AM			<u>All Ages and Stages</u> Group Fitness Studio Amanda (50 Min)		<u>All Ages and Stages</u> Group Fitness Studio Amanda (50 Min)		
12:00 PM		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)			
5:30 PM		<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	(6:00p) <u>Aqua Zumba@</u> Lap Pool Rachel (60 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)		