



Seniors Group Fitness Schedule Updated January 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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 Allison (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)
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 Woodie (45 Min)
10:00 AM	<u>Express Circuit Training</u> Fitness Floor Brittany (30 Min) **TICKET REQUIRED** <u>Move It or Lose It</u> Group Fitness Studio Amanda (55 Min)	<u>T'ai Chi</u> Mind/Body Studio Rachael (60 Min) <u>Senior Mat Yoga</u> Education Room Mark (60 Min)	<u>Express Circuit Training.</u> Fitness Floor Amanda (30 Min) **TICKET REQUIRED** <u>Move It or Lose It.</u> Group Fitness Studio Kayla (55 Min) <u>T'ai Chi</u> Mind/Body Studio Woodie (60 Min)	<u>Advanced T'ai Chi</u> Mind/Body Studio Woodie (60 Min) <u>Senior Mat Yoga</u> Education Room Mark (60 Min)	<u>Express Circuit Training</u> Fitness Floor Sandy (30 Min) **TICKET REQUIRED** <u>Move It or Lose It</u> Group Fitness Studio Nancy (55 Min) <u>Beginner T'ai Chi</u> Mind/Body Studio Rachael (60 Min)
10:30 AM	<u>Aqua Zumba®</u> Lap Pool Kayla (60 Min)	<u>Aqua Motion</u> Lap Pool Woodie (60 Min)	<u>Hydro-Blast</u> Lap Pool Michelle (60 Min)	<u>Aqua Motion</u> Lap Pool Sandy (60 Min)	<u>Aqua Zumba®</u> Lap Pool Kayla (60 Min)
11:00 AM	<u>Senior Fitness</u> Group Fitness Studio Mark (45 Min)	<u>Senior Chair Yoga</u> Education Room Mark (60 Min)	<u>Senior Fitness</u> Group Fitness Studio Mark (45 Min)	<u>Senior Chair Yoga</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)	