

FEBRUARY ACTIVE OLDER ADULT GROUP LAND & WATER EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday		
Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio
Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Tiffany					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am	
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am CYCLING STUDIO	Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Julia	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Tiffany
		Just for You 9:45-10:15 am		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am		Silver- Sneaker Yoga 10:15-11 am Jenn B.	Just for You 9:45-10:15 am		Silver-Sneaker Yoga 9:45-10:30 am Julia	Just for You 9:45-10:15 am			Just for You 9:45-10:15 am Tiffany
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Marian	Just for You 10:30- 11 am	SilverSplash 11 am-Noon Therapy Pool	Silver-Sneaker Circuit 10:30- 11:15am Martha		Arthritis Noon-1 pm Therapy Pool	Silver- Sneaker Classic 11:15 am- Noon Deb	Just for You 10:30- 11 am	SilverSplash 11 am-Noon Therapy Pool	Silver- Sneaker Circuit 10:30-11:15 am Jenn B.		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Tiffany
Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am	Just My Speed Noon-1 pm Therapy Pool	AOA Beginner Cycling 11:30 am- noon CYCLING STUDIO		Arthritis 1-2 pm Therapy Pool		
			Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm				Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30- 5 pm	Be sure to register at the Member Service Desk for our Potluck/Game Luncheon Tuesday, April 4th 12:30-3:30 pm Multipurpose Room		
Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool			Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool					

Line Dancing Classes are offered in the Aerobic Room on Monday & Wednesday 11:15AM-12:45PM and Thursdays (Beginner) and Fridays NOON-1:30PM

MARCH ACTIVE OLDER ADULT GROUP LAND & WATER EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday		
Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio
Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Julia					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Tiffany	
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am CYCLING STUDIO	Just for You 9-9:30 am Jen Kn	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Jenn B	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Julia	Just for You 9-9:30 am Shannon	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Tiffany
		Just for You 9:45-10:15 am Jera		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Jera		Silver- Sneaker Yoga 10:15-11 am Jenn B.	Just for You 9:45-10:15 am Amy		Silver-Sneaker Yoga 9:45-10:30 am Julia	Just for You 9:45-10:15 am Emily			Just for You 9:45-10:15 am Tiffany
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Marian	Just for You 10:30- 11 am Marian	SilverSplash 11 am-Noon Therapy Pool	Silver-Sneaker Circuit 10:30- 11:15am Martha		Arthritis Noon-1 pm Therapy Pool	Silver- Sneaker Classic 11:15 am- Noon Deb	Just for You 10:30- 11 am Jera	SilverSplash 11 am-Noon Therapy Pool	Silver- Sneaker Circuit 10:30-11:15 am Jenn B.		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Tiffany
Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Jen K	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Jera	Just My Speed Noon-1 pm Therapy Pool	AOA Beginner Cycling 11:30 am - noon CYCLING STUDIO		Arthritis 1-2 pm Therapy Pool		
			Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm				Arthritis 2-3 pm Therapy Pool			Be sure to register for our Member Service for our Potluck/Game Night on Tuesday, April 2nd, 12:30-3:30 PM in the Multipurpose Room.		
Instructor's Mix 7-8 pm Lap Pool			Aqua Tabata 7-8 pm Lap Pool			Instructor's Mix 7-8 pm Lap Pool			Aqua Tabata 7-8 pm Lap Pool					

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