

SEPTEMBER 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					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 Amy	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 Lois	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am
		Just for You 9:45-10:15 am	Hydro Dance 10-11 am Lap Pool	Chair Yoga 9:45-10:30 am Lindsay	Just for You 9:45-10:15 am		Silver- Sneaker Yoga 10:15-11 am Lisa	Just for You 9:45-10:15 am	Hydro Dance 10-11 am Lap Pool	Silver- Sneaker Yoga 9:45-10:30 am	Just for You 9:45-10:15 am			Just for You 9:45-10:15 am
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 10:30-11:15 am 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		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am
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	AOA Adult Beginner Cycling Mondays 9-9:30am Thursdays 11:30am-noon Cycling Studio		
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

OCTOBER 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					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 Amy	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Jen B.	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am
		Just for You 9:45-10:15 am	Hydro Dance 10-11 am Lap Pool	Chair Yoga 9:45-10:30 am Lindsay	Just for You 9:45-10:15 am		Silver- Sneaker Yoga 10:15-11 am Lisa	Just for You 9:45-10:15 am	Hydro Dance 10-11 am Lap Pool	Silver- Sneaker Yoga 9:45-10:30 am	Just for You 9:45-10:15 am			Just for You 9:45-10:15 am
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 10:30-11:15 am		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		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am
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	<u>New Enhance Fitness Session</u> Our next session will run from November 2nd-February 22nd Noon- 1pm Mondays, Wednesdays and Fridays Please register at our Member Service Desk		
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					

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