

DECEMBER ACTIVE OLDER ADULT GROUP LAND & WATER EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
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	Pool	Multi-Purpose Room	Fitness Studio
	Chair Yoga 7:15-7:45 am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45 am Ali					Aqua Jog 8-9 am Lap Pool					
Aqua Jog 8-9 am Lap Pool	SilverSneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Ali	Aqua Pilates 9-10 am Therapy Pool	SilverSneakers Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	SilverSneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Aqua Pilates 9-10 am Therapy Pool	SilverSneakers Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	SilverSneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela			
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am CYCLING STUDIO Pamela	Just for You 9:45-10:15 am Pamela		SilverSneakers Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela		SilverSneakers Yoga 10:15-11 am Julia	Just for You 9:45-10:15 am Pamela		SilverSneakers Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela			Just for You 9:45-10:15 am Tiffany			
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Ali	Just for You 10:30- 11 am Marian	SilverSplash 11 am- Noon Therapy Pool	SilverSneakers Circuit 10:30- 11:15am Jenny P.	Breathing and Relaxation 10:45-11:15 am Jenn B.	Arthritis Noon-1 pm Therapy Pool	SilverSneakers Classic 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela	SilverSplash 11 am- Noon Therapy Pool	SilverSneakers Circuit 10:30-11:15 am Pamela	Breathing and Relaxation 10:45-11:15 am Jenn B.	Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela		Silver- Sneakers Circuit 11:15 am- 12 pm Becky	
Arthritis 1-2 pm Therapy Pool		Just for You 11:15- 11:45 am Pamela	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11:15- 11:45 am Pamela	Just My Speed Noon-1 pm Therapy Pool	AOA Beginner Cycling 11:30 am - noon CYCLING STUDIO Rick		Arthritis 1-2 pm Therapy Pool		Just for You 11:15- 11:45 am Pamela			
			Arthritis 2-3 pm Therapy Pool						Arthritis 2-3 pm Therapy Pool								
Instructor's Mix 7-8 pm Lap Pool			Aqua Yoga 3-3:45 pm Therapy Pool		AOA Just for You 4:30-5 pm Liz	Instructor's Mix 7-8 pm Lap Pool					AOA Just for You 4:30-5 pm Liz						