

JULY LOW IMPACT 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	Aerobics Room
	Chair Yoga 7:15-7:45 am Meda			Tai Chi Inspired Class 8-8:45 am Julia C.		Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45 am Ali			Tai Chi Inspired Class 8-8:45 am Julia C.		Aqua Jog 8-9 am Lap Pool	Holy Chair Yoga 7:15-7:45am Kenda				
Aqua Jog 8-9 am Lap Pool	SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Liz	Aqua Pilates 9-10 am Therapy Pool	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	SilverSneaker Circuit 8-8:45 am Julia	Just for You 9-9:30 am Liz	Aqua Pilates 9-10 am Therapy Pool	SilverSneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	SilverSneaker Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela			
Aqua Aerobics 9-10 am Lap Pool	Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela	SilverSneaker Circuit 8-8:45 am Julia	Beginner Cycling 9:00-9:30 am Cycling Studio Pamela	Just for You 9:45-10:15 am Pamela		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela		Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany			
Arthritis Noon-1 pm Therapy Pool	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Pamela	SilverSplash 11 am- 12 pm Therapy Pool	SilverSneaker Circuit 10:30-11:15 am Pamela	Breathing and Relaxation 10:45-11:25 am Jenn B.	Hydro Dance 10:30- 11am Lap Pool	SilverSneaker Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	SilverSplash 11 am-Noon Therapy Pool	SilverSneaker Circuit 10:30-11:15 am Pamela		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela		PICKLE BALL 11a- 1pm	Silver Sneaker Circuit 10:15 am- 11am Becky
Arthritis 1-2 pm Therapy Pool	Silver&Fit Experience 11:15 am- 12 pm Ali	Just for You 11:15- 11:45 am Pamela	Just My Speed 12-1 pm Therapy Pool			Arthritis Noon-1 pm Therapy Pool	SilverSneaker Classic 11:15 am- Noon Deb	Just for You 11:15- 11:45 am Pamela	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool	Tai Chi Inspired AOA Class 12-1pm Jenn B.	Just for You 11:15- 11:45 am Pamela			
			Arthritis 2-3 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Line Dancing 11:15am- 12:45pm AEROBICS ROOM Julia B.	Arthritis 2-3 pm Therapy Pool	PICKLE BALL 12p-1:30p MAIN GYM				Line Dancing 12-1:30pm AEROBICS ROOM Marilyn		Sunday PICKLE BALL 1-3 pm Main Gym	
Aqua Aerobics 7-8 pm Lap Pool		Just for You 4:30-5 pm Evan	Aqua Yoga 3p-3:30p Therapy Pool		Just for You 4:30-5 pm Evan			Just for You 4:30-5 pm Evan				Just for You 4:30-5 pm Deirdre					

* High / Medium Impact, Small Group and Cycle Schedules also available!