

# YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

## Summer Session – May 31<sup>st</sup> to August 28<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 AM	YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥Y		YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥Y		
9:15-10:15 AM	DEEP WATER WALKING (Chris) Pool ☺♥Y Ends @ 10:00	DEEP WATER FITNESS (Chris) Pool ☺♥Y	DEEP WATER WALKING (Chris) Pool ☺♥Y Ends @ 10:00		DEEP WATER FITNESS (Chris) Pool ☺♥Y
9:45-10:30 AM	SS MUSCULAR STRENGTH & RANGE OF MOTION (Donna) Studio A ☺♥	SUPER CIRCUIT (Donna) Studio A ☺		CORE STRENGTH & STRETCH (Donna) Studio A ☺♥	
10:00-11:00 AM				LITE CARDIO & SCULPT (Victoria) Studio B ☺	
10:15 - 11:00AM					SILVER SPLASH (Chris) Pool ☺♥
10:30 - 11:15AM		AQUA FITNESS (Rachel) Pool ☺♥		AQUA FITNESS (Rachel) Pool ☺♥	
10:45 - 11:20AM	SS YOGA STRETCH (Donna) Studio A ☺♥			MATURE AEROBIC DANCE (Donna) Studio A ☺	
10:45-11:30 AM		CORRECTIVE EXERCISE CLINIC (Donna) Studio A ☺♥Y			
1:00 – 2:00PM	DEEP WATER FITNESS (Chris) Pool ☺♥Y		DEEP WATER FITNESS (Chris) Pool ☺♥Y		
5:00-6:00 PM					CARDIO & SCULPT (Alicia) Studio A ☺♥
5:30 – 6:30PM	DEEP WATER FITNESS (Chris) Pool ☺♥Y		DEEP WATER FITNESS (Chris) Pool ☺♥Y		
6:00-7:00 PM	CARDIO CONNECTION (Victoria) Studio A ☺Y		BODY BLAST STEP & SCULPT (Pam) Studio B ☺Y		
7:00-8:00 PM	GET ON THE BALL (Alicia) Studio B ☺♥Y		PILATES PLUS (Pam) Studio B ☺♥Y		
7:00-8:00 PM	YOGA FOR EVERY BODY (Jim) Studio A ☺♥Y				

Participants must be at least 13 years of age to take part in classes. All classes are subject to cancellation due to lack of member participation.

Fitness Level Key:

SS = Silver Sneakers Classes

☺ = For students who have not exercised for a while, and for fit seniors.

♥ = For de-conditioned level students, senior and those exercising due to health issues.

Y = For intermediate and experienced exercisers ready for a greater challenge.