



Active Older Adults Group Exercise Classes

Fall Session – Sept. 7th to Dec. 11th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM	DEEP WATER WALKING (Mary Ellen) Pool ☺♥		DEEP WATER WALKING (Mary Ellen) Pool ☺♥			
8:30-9:30AM	YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥♣		YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥♣			
9:00-10:00 AM	BASIC AQUA AEROBICS (Mary Ellen) Pool ☺♥		BASIC AQUA AEROBICS (Mary Ellen) Pool ☺♥			TURBO STEP (Alicia) Studio B ☺♣ GRAB BAG FITNESS 1 st Sat. of Each Month Studio B
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 ☺♥	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.	
10:30-11:15 AM		AQUA AEROBICS (Rachel) Pool ☺♥	AQUA AEROBICS (Rachel) Pool ☺♥			
10:45-11:30AM	SS YOGA STRETCH (Donna) Studio A ☺♥		MATURE AEROBIC DANCE (Donna) Studio A ☺			
10:45-11:30 AM		CORRECTIVE EXERCISE CLINIC (Donna) Studio A ☺♥♣				
5:00-6:00 PM					BALLS, BANDS BARS & MORE (Alicia) Studio B ♥☺	
6:00-7:00 PM	CARDIO CONNECTION (Alicia) Studio B ☺♣		BODY BLAST STEP & SCULPT (Pam) Studio B ☺♣			
7:00-8:00 PM	YOGA FOR EVERY BODY (Jim) Studio A ☺♥♣		PILATES PLUS (Pam) Studio B ☺♥♣			