



SENIOR FITNESS



- Virtual Option
- New Class
- Mind & Body
- Main Studio
- Pool

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p>8:00am - 8:55am Yin Yoga Melissa M&B Studio</p>	<p>5:30am - 6:25am BODYBALANCE Lori Mind & Body Studio</p>	
<p>8:30am - 9:25am Aqua Action Carol Pool</p>	<p>8:00am - 8:55am Senior Strength Olivia Main Studio</p>		<p>8:00am - 8:55am Senior Strength Olivia Main Studio</p>	<p>8:00am - 8:55am Yin Yoga Melissa M&B Studio</p>	<p>9:00am - 9:55am Aqua Action Ingrid Pool</p>
	<p>8:30am-9:25am Aqua Action Carol Pool</p>		<p>9:00am - 9:45am Zumba Gold Angel Main Studio</p>		<p>10:00am - 10:55am Aqua Action Ingrid Pool</p>
			<p>8:30am-9:25am Aqua Action Carol Pool</p>		
<p>10:00am - 10:55am Pilates Fusion Robyn Mind & Body Studio</p>		<p>10:30am-11:25am Senior Balance & Strength Nichol Main Studio</p>	<p>10:15-11:10am Mobility After 50 Aisha Main Studio</p>	<p>10:15am - 11:10am Beginning Yoga Robyn Mind & Body Studio</p>	
<p>11:00am - 11:45am Mobility After 50 Aisha Main Studio</p>		<p>12:15pm - 1:00pm Chair Yoga Lori M&B Studio</p>		<p>11:15am - 12:10pm Mobility After 50 Lori Main Studio</p>	
<p>5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio</p>	<p>5:30pm - 6:25pm Pilates Fusion Robyn Mind & Body Studio</p>		<p>5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio</p>		
<p>5:30pm - 6:25pm Aqua Action Ingrid Pool</p>		<p>6:15pm-7:10pm Yoga Flow Jamie M&B Studio</p>	<p>5:45pm - 6:40pm Aqua Zumba Ingrid Pool</p>		