

Active Older-Adult Group Fitness Class Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Faira
9:00am	Gentle Yoga w/ Del				Qigong / Tai Chi w/ Del
10:00 am	Aqua Fitness w/ Faira <hr/> Gentle Yoga w/ Del	Aqua Fitness w/ Sherrill	Aqua Fitness w/ Elizabeth <hr/> Mat Fitness 101 w/ Sherrill	Aqua Fitness w/ Genevieve	Gentle Yoga w/ Del
11:00 am	Low-n-Sculpt w/ Sherrill	Low-n-Sculpt w/ Cindi	SilverSneakers® Classic w/ Sherrill	Low-n-Sculpt w/ Cindi	Aqua Fitness w/ Genevieve <hr/> Low-n-Sculpt w/ Sherrill
12:00 pm	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Faira	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Genevieve	SilverSneakers® Classic w/ Sherrill
1:00 pm	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Classic w/ Faira	Zumba Gold® w/Patty	SilverSneakers® Classic w/ Genevieve	SilverSneakers® Yoga w/ Sherrill
6:00 pm				Yoga w/ Barbara	