

ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE

MONDAY			TUESDAY			WEDNESDAY		
Time	Class/Instructor/Duration/Location		Time	Class/Instructor/Duration/Location		Time	Class/Instructor/Duration/Location	
8:00am	Silver Sneakers Yoga Stretch	45 min. Dianne GE Room	9:00am	Chair Groove	45 min. Kelly Gym 1	8:00am	Silver Sneakers Classic	45 min. Dianne GE Room
*9:00am	Silver Cardio/Strength	45 min. Dianne GE Room	10:00am	Bootcamp Gold	45 min. Shelly Gym 1	9:00am	Silver Sneakers Combo	45 min. Gary GE Room
10:00am	Silver Sneaker Classic	45 min. Susan GE Room	1:00pm	Silver Sneakers Classic	45 min. Pam GE Room			
1:00pm	Silver Sneakers Yoga Stretch	45 min. Pam GE Room						

THURSDAY			FRIDAY		
Time	Class/Instructor/Duration/Location		Time	Class/Instructor/Duration/Location	
8:00am	Bootcamp Gold	45 min. Shelly Studio 1	8:00am	Silver Sneakers Yoga Stretch	45 min. Dianne GE Room
9:00am	Chair Groove	45 min. Karen GE Room	9:00am	Silver Sneakers Classic	45 min. Dianne GE Room
10:00am	Cardio Dance Gold	30 min. Karen Studio 1	9:00am	Bootcamp Gold	45 min. Kelly Gym 1
10:30am	Line Dance	30 min. Karen Studio 1	10:00am	Silver Sneaker Yoga Stretch	45 min. Dianne GE Room
1:00pm	Silver Sneaker Yoga Stretch	45 min. Pam GE Room	1:00pm	Silver Sneaker Boom Move	30 min. Pam GE Room
			1:45pm	Silver Sneakers EnerChi	45 min. Pam GE Room

INSTRUCTOR SUBJECT TO CHANGE



MEMBERS MUST TAKE A NUMBER TO TAKE CLASS

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