

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 Sneaker Yoga Stretch	45 min. Dianne GE Room	9:00am	Chair Groove	45 min. Kelly Gym 1	7:00am	Silver Sneaker Yoga Stretch	45 min. Dianne GE Room
9:00am	Silver Cardio/Strength	45 min. Dianne GE Room	10:00am	Bootcamp Gold	45 min. Shelly Gym 1	8:00am	Silver Sneaker Classic	45 min. Dianne GE Room
10:00am	Silver Sneaker Classic	45 min. Susan GE Room	1:00pm	Silver Sneaker Classic	45 min. Dianne GE Room	9:00am	Silver Sneaker Combo	45 min. Gary GE Room
1:00pm	Silver Sneaker Yoga Stretch	45 min. Shelly 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 Sneaker Yoga Stretch	45 min. Dianne GE Room
9:00am	Chair Groove	45 min. Karen GE Room	*9:00am*	Silver Sneaker Classic	45 min. Dianne GE Room
10:00am	Line Dance	45 min. Sherry Studio 1	9:00am	Bootcamp Gold	45 min. Kelly Gym 1
1:00pm	Silver Sneaker Yoga Stretch	45 min. Dianne GE Room	10:00am	Silver Sneaker Yoga Stretch	45 min. Dianne GE Room
			1:00pm	Silver Sneaker Cardio	30 min. Rotating GE Room
			1:45pm	Silver Sneaker EnerChi/Stretchl	45 min. Rotating GE Room

MEMBERS MUST TAKE A NUMBER TO TAKE CLASS



INSTRUCTOR SUBJECT TO CHANGE

NOTE: Studio 1, 2 and the OIFC (Obstacle Interval Fitness Center) require navigating 2 flights of stairs