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 Dianne	45 min. GE Room	**9:00am**	Chair Groove Kelly	45 min. Gym 1	**7:00am**	Silver Sneaker Yoga Stretch Dianne	45 min. GE Room
9:00am	Silver Cardio/Strength Dianne	45 min. GE Room	**10:00am**	Bootcamp Gold Shelly	45 min. Gym 1	**8:00am**	Silver Sneaker Classic Dianne	45 min. GE Room
10:00am	Silver Sneaker Classic Susan	45 min. GE Room	**1:00pm**	Silver Sneaker Classic Pam	45 min. GE Room	**9:00am**	Silver Sneaker Combo Gary	45 min. GE Room
1:00pm	Silver Sneaker Yoga Stretch Pam	45 min. GE Room						

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

HEALTHWAYS SilverSneakers® FITNESS

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