



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASSES WITH SENIORS IN MIND

IN THE STUDIO



CARDIO:

Monday and Wednesday 10:15 AM

MSROM:

Wednesday 9:15 AM



TAI CHI: Tuesday 8:30 AM



BEGINNING YOGA: Tuesday & Thursday 9:15 AM

IN THE POOL



Aqua Aerobics (large pool)
Monday, Wednesday, Friday 8:00 AM

Aqua Arthritis (small pool)
Monday 9:15 AM

Aqua Plunge (small pool)
Wednesday 9:15 AM

Splash for Fun! (small pool)
Friday 9:15 AM