



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

Tuesday, Thursday, Friday 10:15 AM

Monday 11:15 AM



**TAI CHI:** Tuesday 8:30 AM



# YOGA

**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 Strength** (small pool)  
Tuesday 10:00 AM

**Aqua Plunge** (small pool)  
Wednesday 9:15 AM

**Aqua Flex** (small pool)  
Thursday 10:00 AM

**Splash for fun** (small pool)  
Friday 9:15 AM