



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASSES WITH SENIORS IN MIND

IN THE STUDIO

SilverSneakers® 

CARDIO:

Monday and Wednesday 10:15 AM

MSROM:

Wednesday 9:15 AM

Tuesday, Thursday, Friday 10:15 AM

Monday 11:15 AM



YOGA

BEGINNING YOGA: Tuesday & Thursday 9:15 AM

IN THE POOL



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