

December FITNESS SCHEDULE

Monday

Classes are held in the Studio unless otherwise noted

Please bring a bottle of water to class

Classes subject to cancel due to low participation

Rock Bottom

(Ashley/Tracy) 5-5:50pm

Gentle Yoga

(Bob) 5:30-6:45pm
Community - B

Fitness Blast*

(Tracy) 6-6:50pm

Tuesday

Water Toning

(Lee) 7:30-8:15am Lap Pool

Aqua Yoga

(Lee) 8:30-9:15am Lap Pool

SilverFitness Splash

(Lee) 9:15-10:00am Lap Pool

Silver Sneakers Classic

(Lee) 10:10-11:00am

Silver Sneakers Yoga

(Lee) 11:15-12:05pm

Combo Water Workout

(Melissa) 6:00-6:45pm

Hardcore

(Ashley) 6-7:00pm

Open Yoga

(Bob) 6-7:15pm
Community - B

Wednesday

Silver Sneakers Classic

(Lee) 11:15-12:05pm

Please scan or check at front desk for most current schedule

**Classes subject to change monthly*

Fitness Blast*

(Tracy) 6-6:50pm

YOGATHLETE

(Ashley) 6-7:00pm
Multi-A

Thursday

Water Toning

(Lee) 7:30-8:15am Lap Pool

Aqua Yoga

(Lee) 8:30-9:15am Lap Pool

SilverFitness Splash

(Lee) 9:15-10:00am Lap Pool

Silver Sneakers Classic

(Lee) 12:45-1:35

Silver Chair Yoga

(Bob) 2:30-3:30pm

Combo Water Workout

(Melissa) 6:00-6:45pm

Hardcore

(Ashley) 6-7:00pm

Friday

Saturday

POUND Rockout Workout

(Ashley/Tracy) 9-9:45am

Check at the front desk for our Pound punch cards!!

