

FITNESS SCHEDULE

Monday

SilverSneakers Classic
(Hollie) 10-10:50am

SilverFitness Circuit
(Hollie) 11:15am-12:15pm

**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*

**Classes subject to change monthly*

BOOTY Sculpt
(Kim S) 5-5:50pm

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

Totally Toning
(Tracy) 6-6:50pm

Tuesday

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

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

Zumba
(Velinda) 9:30-10:20am

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

SilverFitness Yoga
(Hollie) 11:30am -12:30pm

SilverFitness Classic
(Hollie) 1-1:50pm

Zumba
(Velinda) 5-5:50pm

Water Combo Workout
(Ryan) 6-6:45pm Lap Pool

Hardcore
(Ashley) 6-7:00pm

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

Wednesday

SilverSneakers Classic
(Hollie) 10-10:50am

SilverFitness Circuit
(Hollie) 11:15am-12:15pm

TRX Lower Body
(Janine) 1:40-2:30pm
*Jan 11 - Feb 15

**FULL POUND
DEMO CLASS**



Feb. 8th 7:15-8pm

FREE to Members
\$12 non-member fee

BOOTY Sculpt
(Kim S) 5-5:50pm

Totally Toning
w/ Pound Demo
(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

Zumba
(Velinda) 9:30-10:20am

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

SilverFitness Yoga
(Hollie) 11:30am-12:30pm

SilverFitness Classic
(Hollie) 1-1:50pm

Silver Chair Yoga
(Bob) 2:30-3:30pm

Zumba
(Velinda) 5-5:50pm

Water Combo Workout
(Kayla) 6-6:45pm Lap Pool

Hardcore
w/ Pound Demo
(Ashley) 6-7:00pm

Friday

SilverSneakers Classic
(Hollie) 10-10:50am

SilverFitness Circuit
(Hollie) 11:15am-12:15pm

TRX Upper Body
(Janine) 1:40-2:30pm
*Jan 13 - Feb 17

Saturday

POUND Rockout Workout
(Ashley/Tracy) 9-9:45am
*Jan 14 - Feb 4

**NEW
CLASSES!!**

Register at Front Desk

**POUND Rockout
Workout**
Feb. 11 - March 4

TRX Lower
March 1 - April 5

TRX Upper
March 3 - April 7

****Please scan or check at
front desk for most current
schedule***

****Classes subject to change
monthly***