

# November 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!!*

