



# Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:00am							
9:30am	9:30AM Aquafitness 45 mins		9:30AM Aquafitness 45 mins		9:30AM Aquafitness 45 mins		
10:00am							
10:30am		10:30AM Exercise For Arthritis 30 mins				10:30AM Exercise For Arthritis 30 mins	
11:00am							
11:30am		11:30AM 30 mins Drums Alive(1 <sup>st</sup> & 3 <sup>rd</sup> week) Zumba Gold (2 <sup>nd</sup> & 4 <sup>th</sup> week)		11:30AM Drums Alive 30 mins	11:30AM 30 mins TaiChi (2 <sup>nd</sup> week) Meditation (4 <sup>th</sup> week)		
12:00pm							
12:30pm							
1:00pm							
1:30pm	1:30PM Get Hip, Don't Slip (Balance) 30 mins	1:30PM Basic Strength 30 mins	1:30PM Get Hip, Don't Slip (Balance) 30 mins	1:30PM Basic Strength 30 mins	1:30PM Get Hip, Don't Slip (Balance) 30 mins		
2:00pm							
2:30pm	2:30PM Chair Fitness 30mins		2:30PM Chair Fitness 30 mins		2:30PM Chair Fitness 30 mins		
3:00pm							
3:30pm							
4:00pm							
Color Code	Beginner		Intermediate		Advanced		