



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASSES WITH SENIORS IN MIND

IN THE STUDIO



CARDIO:

Monday and Wednesday 10:15 AM

MSROM:

Wednesday 9:15 AM

Tuesday, Thursday, Friday 10:15 AM



Tai Chi



TAI CHI: Tuesday 8:30 AM



YOGA

BEGINNING YOGA: Tuesday & Thursday 9:15 AM

IN THE POOL



Deep Water Aerobics (large pool)

Monday, Wednesday, Friday 8:00 AM

Aqua Arthritis (small pool)

Monday 9:15 AM

Aqua Plunge (small pool)

Wednesday 9:15 AM

Splash for Fun! (small pool)

Friday 9:15 AM