

SENIOR FRIENDLY CLASSES**MONDAY**

7:00–9:00AM	WATER WALKING*	Fox Pool
9:00–9:45AM	MORNING SPLASH	Fox Pool
10:05–10:35AM	YOGA 4 HEALTH (Chair Yoga)	Martens Gym
10:45–12:00PM	WATER WALKING*	Fox Pool
12:00–1:00PM	JOINTS IN MOTION	Fox Pool
1:00–2:00PM	AQUA CHALLENGE	Fox Pool

TUESDAY

7:00–9:00AM	WATER WALKING*	Fox Pool
8:00–8:45AM	STRETCH FOR FLEX	Fulton Gym
8:45–9:30AM	AERODANCE	Fulton Gym
9:00–9:45AM	AQUA ZUMBA	Fox Pool
9:45–10:30AM	STRONG SENIORS	Martens Gym
10:30–11:15AM	SilverSneakers (classic)	Martens Gym
11:15–12:00PM	SilverSneakers (classic)	Martens Gym
11:00–1:00PM	PICKLEBALL	REC/PLEX
11:15–12:0PM	WATER WALKING*	Fox Pool
12:00–1:00PM	JOINTS IN MOTION	Fox Pool
1:00–2:00PM	AQUA CHALLENGE	Fox Pool

WEDNESDAY

7:00–9:00AM	WATER WALKING*	Fox Pool
9:00–9:45AM	MORNING SPLASH	Fox Pool
10:05–10:35AM	YOGA 4 HEALTH (Chair Yoga)	Martens Gym
10:45–1:00PM	WATER WALKING*	Fox Pool

THURSDAY

7:00–9:00AM	WATER WALKING*	Fox Pool
8:00–8:45AM	STRETCH FOR FLEX	Fulton Gym
8:45–9:30AM	AERODANCE	Fulton Gym
9:00–9:45AM	AQUA ZUMBA	Fox Pool
9:45–10:30AM	STRONG SENIORS	Martens Gym
10:30–11:15AM	SilverSneakers (classic)	Martens Gym
11:15–12:00PM	SilverSneakers (classic)	Martens Gym
11:15–12:00PM	WATER WALKING*	Fox Pool
12:00–1:00PM	JOINTS IN MOTION	Fox Pool
1:00–2:00PM	AQUA CHALLENGE	Fox Pool

FRIDAY

7:00–9:00AM	WATER WALKING*	Fox Pool
9:00–9:45AM	MORNING SPLASH	Fox Pool
10:45–12:15PM	WATER WALKING*	Fox Pool
11:00–1:00PM	PICKLEBALL	REC/PLEX