

MONDAY
8:30-9:15am Aquacise <i>Pool with Eva</i>
9:30-10am 10-10-10 (901) <i>FC with Eva</i>
10-11am Men's Strength Training** <i>FC with Riley</i>
10-11am Zumba Gold <i>PAC with Melanie</i>
1-1:30pm Balanced Body (901) <i>FC with Eva</i>

TUESDAY
8:30-9:15am Aquacise <i>Pool with Sue</i>
9:30-10am Drum Fit <i>PAC</i>
11-11:45am Walking Group <i>Price Lobby with Riley</i>
1-1:30pm Balance Class* <i>S with Riley</i>
1:30-2pm Mindfulness Meditation* <i>S with Riley</i>
1-2pm+ Women's Strength Training** <i>FC with Eva</i>

WEDNESDAY
8:30-9:15am Aquacise <i>Pool with Eva</i>
9:30-10:25am Chair Yoga <i>PAC with Charice</i>
9:30-10:15am Aquacise <i>Pool with Eva</i>
10:30-11:15am Tai Chi <i>PAC with Charice</i>
1-1:45pm Fit After 50 (901) <i>FC with Sue</i>

THURSDAY
8:30-9:15am Aquacise <i>Pool with Sue</i>
9-9:30am Morning Stretch <i>PAC with Riley</i>
9:30-10am Brain Power <i>FC with Eva</i>
10:15-10:45am Stretch II <i>FC with Riley</i>
10-11am Aqua Zumba <i>Pool with Melanie</i>
11-11:45am Walking Group <i>Price Lobby with Riley</i>
1-1:30pm Strength & Stretch* <i>S with Eva</i>
1:30-2pm Meditation* <i>S with Eva</i>

FRIDAY
8:30-9:15am Aquacise <i>Pool with Eva</i>
9:30-10am Balance Class (901) <i>FC with Riley</i>
9:30-10:15am Aquacise <i>Pool with Eva</i>
10-11am Men's Strength Training** <i>FC with Riley</i>
1-2pm Women's Strength Training** <i>FC with Eva</i>

* Residents Only

** Registration Required