

## OVERLOOK GROUP EXERCISE SCHEDULE Starts 10/3/22

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

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

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

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

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

\* Residents Only

\*\* Registration Required

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