



Health & Wellness

# December 2017 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	<b>Spin City Sue</b>	<b>F.I.T. Vicki</b>	<b>Spin City Vicki</b>	<b>F.I.T. Vicki</b>	<b>Spin City Sue</b>	<b>HITT Cycle Sue/Vicki</b>
9:00am	<b>Balance n Stretch Sue</b>	<b>Yoga Jeanne</b>	<b>Yoga &amp; Meditation Eric</b>	<b>Yoga Linda</b>	<b>Cardio Sculpt Sue</b>	<b>Balance n Stretch w/Foam Roller Sue</b>
9:00am Indoor Pool	<b>Water Aerobics Diane</b>		<b>Water Aerobics Diane</b>		<b>Water Aerobics Diane</b>	
10:00am	<b>Rock n' Roll Aerobics Neola</b>	<b>Pound Wendy</b>		<b>Zumba Modified Terry</b>	<b>Rock n' Roll Aerobics Neola</b>	<b>Men's Stretch Class Sue</b>
10:30am Indoor Pool	<b>Water Aerobics *Resident Led Gail</b>		<b>Water Aerobics *Resident Led Gail</b>		<b>Water Aerobics *Resident Led Gail</b>	
11:00am		<b>Tai Chi *Resident Led Kim</b>		<b>Tai Chi Chair *Resident Led Kim</b>	<b>Tai Chi *Resident Led Kim</b>	
11:30am	<b>Zumba Gold Wendy</b>		<b>Zumba Gold Wendy</b>			
12:30pm	<b>Silver Yoga Wendy</b>		<b>Silver Yoga Wendy</b>			
6:00pm	<b>Couples Country Western Dance *Resident Led Eugene &amp; Donna</b>					

\*Free resident led class

**Indoor Water Volleyball**  
Sundays , Tuesdays, and Fridays from 1:00-3:00pm

Level of Intensity

High Medium Low

