



Health & Wellness

# April 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	<b>Spin City</b> Sue	<b>H.I.I.T.</b> Vicki	<b>Spin City</b> Vicki	<b>H.I.I.T.</b> Vicki	<b>Spin City</b> Sue	<b>H.I.I.T. Cycle</b> Vicki
9:00 am	<b>Balance n Stretch</b> Sue	<b>Yoga</b> Jeanne	<b>Pi-Core</b> Vicki	<b>Yoga</b> Linda	<b>Cardio Sculpt</b> Sue	<b>Balance n Stretch w/Foam Roller</b> Sue
9:00 am Indoor Pool	<b>Water Aerobics</b> Diane		<b>Water Aerobics</b> Diane		<b>Water Aerobics</b> Diane	
10:00 am Outdoor Pool	<b>Aqua Fitness (cardio &amp; pilates core)</b> Diane		<b>Aqua Fitness (cardio &amp; pilates core)</b> Diane		<b>Aqua Fitness (cardio &amp; pilates core)</b> Diane	
10:00 am	<b>Rock n' Roll Aerobics</b> Neola	<b>Pound</b> Wendy			<b>Rock n' Roll Aerobics</b> Neola	<b>Men's Stretch Class w/Foam Roller</b> Sue
11:00 am		<b>Tai Chi</b> *Resident Led Kim		<b>Tai Chi Chair</b> *Resident Led Kim	<b>Tai Chi</b> *Resident Led Kim	
11:30 am	<b>Zumba Gold</b> Wendy		<b>Zumba Gold</b> Wendy			
12:30 pm	<b>Silver Yoga</b> Wendy		<b>Silver Yoga</b> Wendy			
2:00 pm	<b>Spin City</b> *Resident Led Judy					
6:00 pm	<b>Couples Country Western Dance</b> *Resident Led Eugene & Donna					

### Outdoor Water Volleyball

Sundays, Tuesdays, and Fridays from 1:00-3:00pm

\*Free resident led class

Level of Intensity

