



Health & Wellness

# January 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	<b>Spin City</b> Sue	<b>F.I.T.</b> Vicki	<b>Spin City</b> Vicki	<b>F.I.T.</b> Vicki	<b>Spin City</b> Sue	<b>HITT Cycle</b> Vicki
9:00am	<b>Balance n Stretch</b> Sue	<b>Yoga</b> Jeanne	<b>Pi-Core</b> Vicki <small>Starts Jan. 10th</small>	<b>Yoga</b> Linda	<b>Cardio Sculpt</b> Sue	<b>Balance n Stretch w/Foam Roller</b> Sue
9:00am Indoor Pool	<b>Water Aerobics</b> Diane		<b>Water Aerobics</b> Diane		<b>Water Aerobics</b> Diane	
10:00am	<b>Rock n' Roll Aerobics</b> Neola	<b>Pound</b> Wendy			<b>Rock n' Roll Aerobics</b> Neola	<b>Men's Stretch Class</b> Sue
10:30am Indoor Pool	<b>Water Aerobics</b> *Resident Led Gail		<b>Water Aerobics</b> *Resident Led Gail		<b>Water Aerobics</b> *Resident Led Gail	
11:00am		<b>Tai Chi</b> *Resident Led Kim		<b>Tai Chi Chair</b> *Resident Led Kim	<b>Tai Chi</b> *Resident Led Kim	
11:30am	<b>Zumba Gold</b> Wendy		<b>Zumba Gold</b> Wendy			
12:30pm	<b>Silver Yoga</b> Wendy		<b>Silver Yoga</b> Wendy			
5:30pm		<b>Spin City</b> *Resident Led Judy				
6:00pm	<b>Couples Country Western Dance</b> *Resident Led Eugene & Donna					

\*Free resident led class

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

**Level of Intensity**



High

Medium

Low