



Health & Wellness

# July 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	<b>Open Spin (no instructor)</b>		<b>Open Spin (no instructor)</b>		<b>Open Spin (no instructor)</b>	
9:00 am		<b>Yoga Jeanne</b>		<b>Pound Wendy</b> No class 7/5 No class 7/12		
9:00 am Indoor Pool	<b>Water Aerobics Diane</b>		<b>Water Aerobics Diane</b>		<b>Water Aerobics Diane</b>	
10:00 am		<b>Zumba Gold Wendy</b>		<b>Zumba Gold Wendy</b> No class 7/5 No class 7/12		
10:15 am To 11:15 am Outdoor Pool	<b>Aqua Fitness (cardio &amp; pilates core) Diane</b>		<b>Aqua Fitness (cardio &amp; pilates core) Diane</b>		<b>Aqua Fitness (cardio &amp; pilates core) Diane</b>	
11:00 am	<b>Tai Chi *Resident Led Kim No class 7/2</b>	<b>Silver Yoga Wendy</b>	<b>Tai Chi Chair *Resident Led Kim No class 7/4</b>	<b>Silver Yoga Wendy No class 7/5 No class 7/12</b>	<b>Tai Chi *Resident Led Kim No class 7/6</b>	

\*Free resident led class

**Outdoor Water Volleyball**  
Sundays , Tuesdays, and Fridays from 1:00-3:00 pm  
Wednesdays 6:00—8:00 pm

Level of Intensity

