



Health & Wellness

June 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Open Spin (no instructor)		Open Spin (no instructor)		Open Spin (no instructor)	
9:00 am		Yoga Jeanne Starts June 12th		Pound Wendy		
9:00 am Indoor Pool	Water Aerobics Diane		Water Aerobics Diane		Water Aerobics Diane	
10:00 am		Pound Wendy		Zumba Gold Wendy		
10:15 am Outdoor Pool	Aqua Fitness (cardio & pilates core) Diane		Aqua Fitness (cardio & pi- lates core) Diane		Aqua Fitness (cardio & pilates core) Diane	
11:00 am	Tai Chi *Resident Led Kim	Silver Yoga Wendy	Tai Chi Chair *Resident Led Kim	Silver Yoga Wendy	Tai Chi *Resident Led Kim	
12:00 pm						
1:00 pm						
2:00 pm						
6:00 pm						

*Free resident led class

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

Level of Intensity

