



Health & Wellness

March 2018 Fitness Schedule

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

*Free resident led class

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

Level of Intensity

