



Health & Wellness

May 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	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
9:00 am	Balance n Stretch Sue	Pound Wendy	Pi-Core Vicki	Zumba Gold Wendy	Body Sculpting Sue	Balance n Stretch w/Foam Roller Sue
9:00 am Indoor Pool	Water Aerobics Diane		Water Aerobics Diane		Water Aerobics Diane	
10:00 am Outdoor Pool	Aqua Fitness (cardio & pilates core) Diane		Aqua Fitness (cardio & pilates core) Diane		Aqua Fitness (cardio & pilates core) Diane	
10:00 am	Rock n' Roll Aerobics Neola	Silver Yoga Wendy		Silver Yoga Wendy	Rock n' Roll Aerobics Neola	
11:00 am		Tai Chi *Resident Led Kim		Tai Chi Chair *Resident Led Kim	Tai Chi *Resident Led Kim	
12:00 pm						
1:00 pm						
2:00 pm						
6:00 pm	Couples Country Western Dance *Resident Led Eugene & Donna					

*Free resident led class

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

Level of Intensity



High

Medium

Low