



Health & Wellness

# September 2018 Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am (unless otherwise noted)	<b>Spin</b> Sue <b>FIRST CLASS</b> Sept. 24	<b>HIIT</b> starts 7:50am Vicki <b>FIRST CLASS</b> Sept. 18	<b>Spin</b> Vicki <b>FIRST CLASS</b> Sept. 19	<b>HIIT</b> starts 7:50am Vicki <b>FIRST CLASS</b> Sept. 18	<b>Spin</b> Sue <b>FIRST CLASS</b> Sept. 21	<b>Spin</b> starts 7:50 am Vicki <b>FIRST CLASS</b> Sept. 22
9:00 am	<b>Balance n Stretch</b> Sue <b>FIRST CLASS</b> Sept. 24	<b>Yoga</b> Jeanne No class 9/4 No class 9/11		<b>Pound</b> Wendy	<b>Cardio Sculpt</b> Sue <b>FIRST CLASS</b> Sept. 28	<b>Balance n Stretch</b> Sue <b>FIRST CLASS</b> Sept. 29
9:00 am Indoor Pool	<b>Water Aerobics</b> <b>FREE</b> *Resident Led		<b>Water Aerobics</b> <b>FREE</b> *Resident Led		<b>Water Aerobics</b> <b>FREE</b> *Resident Led	
10:00 am	<b>Cardio Lite</b> Neola	<b>Zumba Gold</b> Wendy		<b>Zumba Gold</b> Wendy	<b>Cardio Lite</b> Neola	<b>Men's Weights &amp; Stretch</b> Sue <b>FIRST CLASS</b> Sept. 29
10:00 am Outdoor Pool	<b>Aqua Fitness (cardio &amp; pilates core)</b> <b>FREE</b> *Resident Led		<b>Aqua Fitness (cardio &amp; pilates core)</b> <b>FREE</b> *Resident Led		<b>Aqua Fitness (cardio &amp; pilates core)</b> <b>FREE</b> *Resident Led	
11:00 am	<b>Tai Chi</b> <b>FREE</b> *Resident Led Kim No Class 9/10	<b>Silver Yoga</b> Wendy	<b>Tai Chi Chair</b> <b>FREE</b> *Resident Led Kim	<b>Silver Yoga</b> Wendy	<b>Tai Chi</b> <b>FREE</b> *Resident Led Kim	

\*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

