

## Weekly Group Exercise Class Schedule

### Aquatics Programming

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:15am		Advanced Water Aerobics		Gentle Water Stretch (All Levels)	
9:15-9:45am	Arthritis Class (All Levels)		Arthritis Class (All Levels)		Water Walk Class (All Levels)
2:30-3pm			Water Aerobics (All Levels)		

### Land Programming

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-10:15am					Balance with Norman
10am-10:30am	Yoga with Annette	Functional Fitness (All Levels)	Yoga & Strength (All Levels) BEAT (Pre-approval Needed)	Functional Fitness (All Levels)	BEAT (Pre-approval Needed)
10:45am-11:15am	Ageless Grace				
11am-11:30am		Wii Balance	TRX Circuit training w/ stations (Advanced)	Balance Work	
11:30am-12pm		Wii Balance			
2pm-2:30pm		Functional Fitness (All Levels)		Step It Up & Dance (All Levels)	

Open Swim Daily M-F 12pm-4pm

# INSPIRE

Inspirational • Nutritional • Spiritual • Personal • Integrative • Rehabilitative • Educational

FREE services offered to you (by appointment):

- Wellness Assessment/ Reassessment
- Individualized Exercise Prescriptions/ Plans
  - Equipment Orientations

FREE “Drop-in” services offered to you (M-F 9am-4pm):

- Blood pressure, Blood oxygen saturation, Heart rate testing



## Virtual exercise schedule on Channel 1395:

Monday 10:00 am: Senior Yoga  
Tuesday 10:00 am: Senior Total Body Strength  
Wednesday 10:00 am: Senior Tai Chi  
Thursday 10:00 am: Senior Yoga  
7:00 pm: Evening Guided Meditation

Friday 10:00 am: Senior Total Body  
Saturday 10:00 am: “Rock the Walk” Workout