

# Be Healthy. Be Strong. Belong.



## M

**Up and At 'Em  
Water Aerobics!**  
8:30-9:30am  
Pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**Zumba with  
Jennifer**  
7:00-7:45pm  
Studio 2

## T

**Early Morning  
Workout with Kathy**  
7:15 - 8 AM  
Studio 2

**Tai Chi  
With Kathy**  
8:15-8:45AM  
Studio 2

**Silver Sneakers  
Circuit with Donna**  
9:30-10:15am  
Studio 2

**Spin  
With Adam**  
5-5:45 PM  
Studio 1

## W

**Up and At'Em  
Water Aerobics!**  
8:30-9:30am  
Pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**Yin Yoga with  
Gini**  
5-5:45 PM  
Studio 2

## TH

**Early Morning  
Workout with Kathy**  
7:15 - 8 AM  
Studio 2

**Tai Chi  
With Kathy**  
8:15-8:45AM  
Studio 2

**Silver Sneakers  
Circuit with Donna**  
9:30-10:15am  
Studio 2

**Zumba with  
Jennifer**  
7:00-7:45pm  
Studio 2

## F

**Up and At "Em  
Water Aerobics!**  
8:30-9:30am  
pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**Chair Yoga  
With Adam**  
5-5:45 PM  
Studio 2

## SAT

**Zumba GOLD with  
Jennifer**  
9:15-10:00am  
Studio 2

**Breathing & Chair  
Yoga  
with Gini**  
10:15-11:15am  
Studio 2

## SUN

**Yin Yoga with Gini**  
9:45-10:30am  
Studio 2

