



# January 2022 Inclusive Programming Schedule



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya</p>	<p>4</p> <p>9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>5</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee</p>	<p>6</p> <p>10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>7</p> <p>9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya</p>
<p>10</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya</p>	<p>11</p> <p>9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>12</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee</p>	<p>13</p> <p>10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>14</p> <p>9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya</p>
<p>17</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya</p>	<p>18</p> <p>9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio &amp; Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>19</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee</p>	<p>20</p> <p>9 - 9:45 Cardio &amp; Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>21</p> <p>9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya</p>
<p>24</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya</p>	<p>25</p> <p>9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio &amp; Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>26</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee</p>	<p>27</p> <p>9 - 9:45 Cardio &amp; Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>28</p> <p>9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya</p>
<p>31</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya</p>		<p><b>**Classes Marked with ** are an additional registration / charge of a 12-Class Blue Card**</b> <b>Members: \$38</b> <b>Non-Members: \$50</b></p>		