



# April 2019

## Senior Programming Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11:00 Yoga w/ Renee 11:00 - 11:45am Splash w/ Renee 11:15-12 Yoga w/ JoAnn	<b>2</b> 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 10:00 - 10:45am Splash w/ Renee 11 - 11:45 Tanya's Senior Fit**	<b>3</b> 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	<b>4</b> 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	<b>5</b> 9 - 9:45 Classic w/ JoAnn 10 - 11:00 Tai Chi with Jackie	<b>6</b>
<b>7</b>	<b>8</b> 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11:00 Yoga w/ Renee 11:00 - 11:45am Splash w/ Renee 11:15-12 Yoga w/ JoAnn	<b>9</b> 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 10:00 - 10:45am Splash w/ Renee 11 - 11:45 Tanya's Senior Fit**	<b>10</b> 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	<b>11</b> 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	<b>12</b> 9 - 9:45 Classic w/ JoAnn 10 - 11:00 Tai Chi with Jackie	<b>13</b>
<b>14</b>	<b>15</b> 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11:00 Yoga w/ Renee 11:00 - 11:45am Splash w/ Renee 11:15-12 Yoga w/ JoAnn	<b>16</b> 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 10:00 - 10:45am Splash w/ Renee 11 - 11:45 Tanya's Senior Fit**	<b>17</b> 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	<b>18</b> 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	<b>19</b> 10 - 11:00 Tai Chi with Jackie	<b>20</b>
<b>21</b>	<b>22</b> 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11:00 Yoga w/ Renee 11:00 - 11:45am Splash w/ Renee 11:15-12 Yoga w/ JoAnn	<b>23</b> 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 10:00 - 10:45am Splash w/ Renee 11 - 11:45 Tanya's Senior Fit**	<b>24</b> 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	<b>25</b> 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	<b>26</b> 9 - 9:45 Classic w/ JoAnn 10 - 11:00 Tai Chi with Jackie	<b>27</b>
<b>28</b>	<b>29</b> 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11:00 Yoga w/ Renee 11:00 - 11:45am Splash w/ Renee 11:15-12 Yoga w/ JoAnn	<b>30</b> 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 10:00 - 10:45am Splash w/ Renee 11 - 11:45 Tanya's Senior Fit**		<b>**Tanya's Classes are            \$2 Members            \$3 Non-Members **</b>		