



March 2019

Senior Programming Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 - 9:45 Classic w/ JoAnn	2
3	4 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	5 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	6 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	7 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	8 9 - 9:45 Classic w/ JoAnn	9
10	11 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	12 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	13 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	14 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	15 9 - 9:45 Classic w/ JoAnn	16
17	18 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	19 9:00 - 9:45 Cardio Circuit w/ Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	20 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Cardio Circuit w/ Renee	21 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	22 9 - 9:45 Classic w/ JoAnn	23
24	25 8:00 - 9:00 Sr. Yoga w/JoAnn 11:15-12 Yoga w/ JoAnn	26 10 - 10:45 Classic w/ Leigh	27 9 - 9:45 Classic w/ JoAnn	28 10-10:45 Cardio w/ Leigh	29 9 - 9:45 Classic w/ JoAnn	30
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