


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	2 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	3 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	4 11 - 11:45 Splash w/ Judi <i>Senior Breakfast - 8am! 9 - 9:30 Classic w/JoAnn</i>	5
6	7 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Yoga w/ JoAnn	8 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	9 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	10 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	11 11 - 11:45 Splash w/ Judi <i>Senior Breakfast - 8am! 9 - 9:30 Classic w/JoAnn</i>	12
13	14 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Yoga w/ JoAnn	15 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	16 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	17 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	18 11 - 11:45 Splash w/ Judi <i>Senior Breakfast - 8am! 9 - 9:30 Classic w/ Leigh</i>	19
20	21 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi	22 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	23 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	24 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	25 11 - 11:45 Splash w/ Judi	26
27	28  Parade Begins at 10:30am	29 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	30 <i>Senior Health & Fitness Day Health Fair 9am - 12pm</i>	31 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**		

