

October Senior Programming

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:15-12 Yoga w/ JoAnn	2 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	3 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	4 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	5 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie**	6
7	8 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi	9 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 11 - 11:45 Tanya's Senior Fit**	10 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	11 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	12 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie** 11 - 11:45 Splash w/ Judi	13
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