


February 2017



SilverSneakers / Senior Programming Schedule

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