



January 2017

SilverSneakers / Senior Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 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	3 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*	4 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	5 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Fit*	6 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	7
8	9 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	10 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*	11 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	12 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 - Tanya's Sr. Fit*	13 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	14
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22	23 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	24 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*	25 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	26 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 - Tanya's Sr. Fit*	27 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	28
29	30 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	31 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*		* = Tanya's Senior Fit Classes: Members: \$2 Non-Members: \$3		