



June 2018

Senior Programming Schedule



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