




May 2017

SilverSneakers Schedule

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 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	2 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**	3 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee <i>Senior Breakfast 8:30am!</i>	4 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Yoga** <div style="text-align: center;">  May the Fourth be with you! </div>	5 11 - 11:45 Splash w/ Judi	6
7	8 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	9 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**	10 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee <i>Senior Breakfast 8:30am!</i>	11 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Yoga**	12 11 - 11:45 Splash w/ Judi	13
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21	22 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	23 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**	24 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee <i>Senior Breakfast 8:30am!</i>	25 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Yoga**	26 11 - 11:45 Splash w/ Judi	27
28	29  MEMORIAL DAY <small>Thank you to all our soldiers who given of themselves for our freedom!</small>	30 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**	31- Senior Health Fair! 9am - 12pm	* = JoAnn's Senior Yoga: Members: \$2 Non-Members: \$3	** = Tanya's Senior Fit: Members: \$2 Non-Members: \$3	