



March 2021 Senior Programming

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya - <i>NEW</i></p>	<p>2</p> <p>9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**</p>	<p>3</p> <p>9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee</p>	<p>4</p> <p>10 - 10:45 - Silver Splash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**</p>	<p>5</p> <p>9 - 9:45 - Silver Splash - Renee 10 - 10:45 - Arthritis Water - Leigh** 10-11:00 Line Dancing - Jackie **</p>
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