



September 2016

SilverSneakers Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	2 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	3
4	5 Labor Day Rec Open 5:30am - 12noon Pool is Closed!	6 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	7 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	8 10-10:45 Cardio w/ Leigh	9 9:15 - 10 Classic w/ Judi	10
11	12 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee	13 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	14 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	15 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	16 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	17
18	19 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	20 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	21 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	22 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	23 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	24
25	26 9:15 - 10 Classic w/ Judi 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	27 9-9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh	28 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	29 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	30 9:15 - 10 Classic w/ Judi 11 - 11:45 Splash w/ Judi	