

Active Older Adult Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.		Aquacise Small Pool		Aquacise Small Pool	
8:00 a.m.	Active Older Adults Gym	Deeply Devoted Large Pool Mary/Colleen	Active Older Adults Gym Larry	Deeply Devoted Large Pool Mary/Colleen	Active Older Adults Gym Larry
8:30 a.m.	Aquacise Small Pool Mary	Joint Effort Small Pool Pat	Aquacise Small Pool Mary	Joint Effort Small Pool Pat	Aquacise Small Pool Mary
9:00 a.m.			Silver Sneakers MPR Larry		Silver Sneakers MPR Larry
12:10 pm					Pilates Buhler Room Lynda
			Afternoon	Classes	
1:30 p.m.	Parkinson's Fitness Wellness Center and Buhler Rm Lynda \$\$		Parkinson's Fitness Wellness Center and Buhler Rm Lynda \$\$		
6:00 p.m.	Aquacise Small Pool Bridget		Aquacise Small Pool Bridget		Aquacise Small Pool Bridget **
7:15 p.m.	Yoga Buhler Room Paula				\$\$ Small fee