

# Adult Fitness Schedule

## Fall 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM 5:30-8:00am			Basic Flow 7:00am		Basic Flow 7:00am	Zumba Gold 8:15am
Later AM 8:00-11:00am	Aquatic Exercise* 8:00am	Aquatic Exercise* 8:00am	Aquatic Exercise* 8:00am	Aquatic Exercise* 8:00am	Aquatic Exercise* 8:00am	Beg. Hula Hoop 9:00am
	Functional Yoga 8:30am	Exercise for Life 9:15am	Just My Speed* 9:00am	Exercise for Life 9:15am	Just My Speed* 9:00am	Pickleball 9:30am
	Just My Speed* 9:00am	Health BeneFIT 10:30am	Exercise for Life 9:15am	Art of Relaxation 9:45am	Art of Relaxation 9:45am	
	Exercise for Life 9:15am		Art of Relaxation 9:45am	Health BeneFIT 10:30am	Health BeneFIT 10:30am	
Mid-Day 11:00am-4:00pm	SilverSneakers Yoga 10:30am 11:15am 12:00pm	Health BeneFIT 11:15am	SilverSneakers Yoga 10:30am 11:15am 12:00pm	Health BeneFIT 11:15am	Pickleball 12:15-3:15pm	Adult Beg. Swim Lessons 10:10am
	Pickleball 12:15-3:15pm	Health BeneFIT Walk, Talk & Tone 12:00pm	Pickleball 12:15-3:15pm	Health BeneFIT Walk, Talk & Tone 12:00pm		
		Pickleball 12:15-3:15pm	Zumba 4:15pm	Pickleball 12:15-3:15pm	Pickleball 12:15-3:15pm	
Evening 5:00-9:00pm	PM Water Aerobics 5:35pm	Adult Beg. Swim Lessons 5:00pm	PM Water Aerobics 5:35pm	H.I.I.T. 5:45pm		SUNDAY  Belly Dance 2:30pm
	Rep & Ride 5:45pm	H.I.I.T. 5:45pm	Strength Training 5:45pm	20-20-20 5:45pm		
	Strength Training 5:45pm	Classical Stretching 5:00pm	Karate, Beg. 6:00pm	BodyRock 6:30pm		
	Yoga Flow 7:00pm	Zumba 6:00pm	Be Moved 6:45pm	Bollywood Fitness 7:00pm		
		BodyRock 6:30pm	MP Karate 7:00pm			
	Bollywood Fitness 7:00pm	Yoga Flow 7:00pm				
		Karate, Int. 7:30pm				

\*Class also offered as a Health BeneFIT