

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a		Arthritis 8:45-9:30a		Arthritis 8:45-9:30a	
9:00a	Ai Chi 9-10a		Ai Chi 9-10a		Ai Chi 9-10a
9:30a	Stretch 9-9:30a		Stretch 9-9:30a		Stretch 9-9:30a
10:00a	Healthy Joint 10:15-11a	Arthritis 10-10:30a	Healthy Joint 10:15-11a	Arthritis 10-10:30a	Healthy Joint 10:15-11a
10:30a	Seated Fitness 10-10:30a	Enhance Fitness 10-11a	Seated Fitness 10-10:30a	Enhance Fitness 10-11a	Seated Fitness 10-10:30a
11:00a	Aqua Aerobics 11:15a-12p	Arthritis 11-11:45a	Aqua Aerobics 11:15a-12p	Arthritis 11-11:45a	Aqua Aerobics 11:15a-12p
11:30a	Tai Chi 11-11:45a		Tai Chi 11-11:45a		
12:00p					
12:30p					
1:00p	Aqua Core 1-1:45p	Seated Aerobics 1-30-2p	Aqua Core 1-1:45p	Seated Aerobics 1-30-2p	Aqua Core 1-1:45p
1:30p	Deep Water 2-2:30p	Falls Prevention 2:15-245p	Deep Water 2-2:30p	Falls Prevention 2:15-245p	Deep Water 2-2:30p
2:00p	Arthritis 3:15-4p	Yoga 3-3:45p	Arthritis 3:15-4p	Yoga 3-3:45p	
2:30p					
3:00p					
3:30p					
4:00p					
4:30p					
5:00p	Aqua Aerobics 5-5:45p		Aqua Aerobics 5-5:45p		
5:30p					
6:00p					
6:30p					
7:00p					
7:30p					
8:00p					
8:30p					
9:00p					

Water Class

Zoom Class

Land Class