

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AquaFit 9:00AM - 9:55AM	AquaFit 8:00AM - 8:55AM	AquaFit 9:00AM - 9:55AM	AquaFit 8:00AM - 8:55AM	AquaFit 9:00AM - 9:55AM
Zumba Gold 9:00AM - 9:45AM	SilverSneakers® Classic 9:00AM - 9:45AM	Line Dancing 9:00AM - 9:45AM	Silver Sneakers Classic 9:00AM - 9:45AM	Yogaflow 9:00AM - 9:55AM
AquaFit 6:00PM - 6:55PM	Yogaflow 10:00AM - 10:50AM	AquaFit 6:00PM - 6:55PM	Yogaflow 10:00AM - 10:50AM	AquaFit 5:30PM - 6:30PM
	SilverSneakers® Splash 12:00PM - 1:00PM		SilverSneakers® Splash 12:00PM - 1:00PM	Restorative Yoga 6:45PM - 7:45PM

**Class times subject to change*

AquaFit | This class combines segments of cardio and strength training using water approved weight resistance tools. AquaFit uses equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility.

Line Dancing | Have you always wanted to know how to do the Boot Scootin' Boogie? How about the Macarena so you can join in the fun at the next wedding dance you attend? You are in luck! Come and join us as we work our way through a repertoire of classic line dances.

Restorative Yoga | Soothe your soul in this restorative class! Restorative yoga is typically done on the floor with lots of supportive props coupled with soothing music to help the body release. Restorative poses are an important part of any long-term yoga practice: they recharge our energy reserves, heal the effects of stress, and bring our nervous systems into a more balanced state. This class will leave you feeling relaxed, refreshed and renewed. Appropriate for all levels.

SilverSneakers® Classic | In SilverSneaker Classic have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Splash | Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Yogaflow | Our soothing gentle class focuses on an exploration of yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility, while immersing yourself in a relaxing class that allows ample time to enjoy each pose. Expect lots of stretching & lingering in supported seated poses. Meditation and relaxation techniques will also be introduced, perfect for stress relief and overall well being.

Zumba Gold | Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for.