

Senior Small Group Training Schedule

*Paid program not included in membership

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Water Aerobics	Aqua Yoga	Water Aerobics	Aqua Tai Chi	Water Aerobics	Water Aerobics
11:00 AM	Chair Stretch & Flex Yoga		Cardioball Drumming or Senior Strength		Balance & Coordination or Alignment Check	
11:00 AM	Senior Conditioning*	Senior TRX*	Senior Strength & Fitness*	Senior TRX*		
12:00 PM			Senior Conditioning*			
12:30 PM					Senior Conditioning*	
7:00 PM		Aqua Zumba		Water Aerobics		