



# Active Adults

These classes are suitable for an older population and open to anyone.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8:00-9:00 am</b>	Aqua Boot Camp Pool Jerrie	Aqua Boot Camp Pool Jerrie	Hydro Fit Pool Ginger	Aqua Boot Camp Pool Jerrie		
<b>8:30-9:25 am</b>		Yoga I Spirit Mind Body Kat				
<b>9:00-10:00 am</b>	Aqua Tone Pool Jerrie	Aqua Tone Pool Jerrie	Water Cardio Pool Ginger	Aqua Tone Pool Jerrie	Water Workout Pool Jerrie	
<b>9:30-10:30 am</b>						Aqua Tone Pool Jerrie
<b>10:00-11:00 am</b>	Aqua Lite Pool Ginger		H2O Tone Pool Ginger		Deep Sweat Pool Ginger	
<b>10:30-11:25 am</b>	Tai Chi Spirit Mind Body Ron (30 minutes)	Active Adults Group Ex Studio Stacey S		Active Adults Gymnasium Stacey S	Tai Chi Spirit Mind Body Ron (30 minutes)	
<b>11:30 am-12:25 pm</b>	SilverSneakers Yoga Group Ex Studio Kat	SilverSneakers Circuit Group Ex Studio Stacey S	SilverSneakers Circuit Group Ex Studio Stacey S	SilverSneakers Classic Group Ex Studio Ron	SilverSneakers Classic Group Ex Studio Ron	
<b>5:30-6:25 pm</b>		Yoga I Spirit Mind Body Barbara				