

# RESULTS FITNESS CLASS SCHEDULE

| MON   | TUE   | WED   | THU   | FRI                          |
|---|---|---|---|------------------------------|
| <b>Silver &amp; Fit</b><br>9:30am-10:15am         | <b>Senior Circuit</b><br>9:45am-10:15am   |   |   |                              |
| <b>Silver Sneakers Classic</b><br>10:45am-11:30am | <b>Silver Sneakers Chair Yoga</b><br>10:30am-11:30am  | <b>Silver Sneakers Classic</b><br>10:45am-11:30am | <b>Senior Stretch/Mobility</b><br>10:45am-11:30am   |                              |
|   | <b>Pickleball Open Court</b><br>11:45am-2:00pm  |   | <b>Pickleball Open Court</b><br>11:45am-2:00pm  |                              |
|   | <b>Pool Class @</b><br>12:15pm (ROM)<br>1:15pm (Circuit)<br>2:15pm (Free Swim)<br>3:15pm (ROM)<br>4:15pm (Circuit)<br><b>*sign up only*</b> |   | <b>Pool Class @</b><br>12:15pm (ROM)<br>1:15pm (Circuit)<br>2:15pm (Free Swim)<br>3:15pm (ROM)<br>4:15pm (Circuit)<br><b>*sign up only*</b> |                              |
| <b>Core</b><br>4:45pm-5:15pm                      |   | <b>Core</b><br>4:45pm-5:15pm                      | <b>Core</b><br>4:45pm-5:15pm  | <b>Core</b><br>4:45pm-5:15pm |
| <b>Boxing</b><br>5:15pm-5:45pm                    |   |   | <b>Spin @</b><br>4:30pm-5:30pm<br><b>*sign up only*</b>   |                              |
|   |   |   |   |                              |