

August Senior Fitness Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:30 am Sit and Fit: Margie Karls - Studio 1	8:30 am Tai Chi: Sheila Butler - Studio 1		8:30 am Tai Chi: Sheila Butler - Studio 1	8:30 am Sit and Fit: Margie Karls - Studio 2		
9:00 am Aqua Flex & Tone: Shelia Butler - Warm Water Pool 9:30 am Gentle Yoga: Lynsey Kennon - Studio 1	9:30 am Beginner Step: Judy Herron - Studio 2 9:30 am Gentle Yoga: Sally Smigielski - Studio 1	9:00 am Aqua Flex & Tone: Rachel Royer - Warm Water Pool 9:30 am Sit and Fit: Shelia Butler - Studio 1	9:30 am Gentle Yoga: Sally Smigielski - Studio 1	9:00 am Aqua Flex & Tone: Sue Hanson - Warm Water Pool 9:30 am Gentle Pilates: Lynsey Kennon - Mind Body Studio		
10:00 am Aqua Fit Fat Burners: Shelia Butler - Warm Water Pool	10:30 am Young at Heart Muscle Toning: Margie Karls - Studio 1 10:30 am Tai Chi: Shelia Butler - Mind Body Studio	10:00 am Aqua Fit Fat Burners: Rachel Royer - Warm Water Pool 10:45 am Low Impact Aerobics: Margie Karls - Studio 1	10:30 am Young at Heart Muscle Toning: Margie Karls - Studio 1	10:00 am Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool 10:45 am Low Impact Aerobics: Judy Herron - Studio 1	10:00 am Aqua Sculpt: Carol Hewitt - Warm Water Pool	
11:00 am Aqua Gentle Joints Arthritis: Shelia Butler - Warm Water Pool	11:00 am Aqua Flex & Tone: Jordan Dyer - Warm Water Pool	11:00 am Aqua Gentle Joints Arthritis: Shelia Butler - Warm Water Pool	11:00 am Aqua Flex & Tone: Shelia Butler - Warm Water Pool	11:00 am Aqua Gentle Joints Arthritis: Kathy Guthrie - Warm Water Pool		
12:00 pm Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool	12:00 pm Aqua Fit Fat Burners: Carol Hewitt - Warm Water Pool	12:00 pm Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool	12:00 pm Aqua Fit Fat Burners: Carol Hewitt - Warm Water Pool	12:00 pm Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool		
5:30 pm Aqua Flex & Tone: Beverly Davenport - Warm Water Pool	5:30 pm Aqua Sculpt: Kathy Guthrie - Warm Water Pool		5:30 pm Aqua Flex & Tone: Beverly Davenport - Warm Water Pool			