

## November Senior Fitness Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30 am Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool	6:30 am Aqua Flex & Tone: Carol Hewitt - Warm Water Pool	6:30 am Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool	6:30 am Aqua Flex & Tone: Carol Hewitt - Warm Water Pool	6:30 am Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool		
8:30 am Sit and Fit: Keith Davis - 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: Penny Williams - Studio 1	9:30 am Beginner Step: Judy Herron - Studio 2 9:30 am Gentle Yoga: Keith Davis - Studio 1	9:00 am Aqua Flex & Tone: Shon McCormick - Warm Water Pool 9:30 am Sit and Fit: Shelia Butler - Studio 1	9:30 am Gentle Yoga: Penny Williams - Studio 1 9:30 am Beginner Step: Judy Herron - Studio 2	9:30 am Gentle Pilates: Margie Karls - 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 Young at Heart Muscle Toning: Judy Herron - Studio 1	10:00 am Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool	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 Sculpt: Belinda Patterson - Warm Water Pool	11:00 am Aqua Gentle Joints Arthritis: 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: Shon McCormick - Warm Water Pool		12:00 pm Aqua Fit Fat Burners: Kathy Guthrie - Warm Water Pool		
3:00 pm Aqua Gentle Joints Arthritis: Belinda Patterson - Warm Water Pool		3:00 pm Aqua Gentle Joints Arthritis: Belinda Patterson - Warm Water Pool		3:00 pm Aqua Gentle Joints Arthritis: Belinda Patterson - 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			

