MARCH 2 0 2 4

FITNESS SCHEDULE



9:30am - 10:10am

SS Circuit with JoAnn

(Rec Community Room)

10am - 10:45am

EnerCHI w/Robin

@ Senior Center

10:30 - 11:15am

Deep Water Cardio

w/ JoAnn



SATURDAY

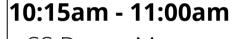
Noon - 1pm

SUNDAY

Jazzercise extra cost applies

2-245 pm Hydro Fit w/Sandy





MONDAY

9-10 am

SS Chair Yoga

W/Sandy @ the

Senior Center

9:30-10:10 am

SS Circuit W/ JoAnn

SS Dance Moves w/Sandy @ the Senior Center

10:30-11:15 am

Deep Water Cardio W/ JoAnn

4:15-5 pm Yoga W/Janice

5:30-6:30 pm Jazzercise extra cost applies

9-9:45 am

SS Classic Plus W/Sandv @ the Senior Center

TUESDAY

10:30-11:15 am

SS Shallow Splash W/Sandy

11:45-12:30 pm

Hydro Fit W/Sandy

1:00pm-1:45pm

SS Stability & Flexibility w/Robin

(@ the Senior Center)

5:30-6:30 pm

lazzercise extra cost applies

> 7-7:55 pm Yoga W/ Orva

9-10 am

WEDNESDAY

SS Chair Yoga W/Sandy @ the Senior Center

9:30-10:10 am

SS Circuit W/ JoAnn

10:30-11:15 am

Deep Water Cardio W/ JoAnn

5:30-6:30 pm

Jazzercise extra cost applies



9-9:45 am

THURSDAY

SS Classic Plus W/Sandy @ the Senior Center

10:30-11:15 am

SS Shallow Splash W/Sandv

11:45-12:30 pm

Hydro Fit W/Sandy

1:00pm - 1:45pm SS Yoga w/Robin

(@ the Senior Center)

5:30-6:30 pm

Jazzercise extra cost applies

6-6:45 pm

Shallow Water W/Steph

7-7:55 pm Yoga W/ Janice

lazzercise extra cost applies

9-10 am

10:30-11:25 am

Yoga W/ Janice

11-11:45 am

Shallow Water W/Steph







