



April 2017

SilverSneakers Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	4 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11:00 - 11:45 - Tanya's Sr. Fit**	5 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	6 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Fit**	7 11 - 11:45 Splash w/ Judi	8
9	10 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	11 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11:00 - 11:45 - Tanya's Sr. Fit**	12 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	13 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Fit**	14 11 - 11:45 Splash w/ Judi	15
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23	24 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:15-12 Circuit w/ Renee 11:00 - 11:45 Splash w/ Judi	25 9 - 9:45 Splash w/ Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11:00 - 11:45 - Tanya's Sr. Fit**	26 9 - 9:45 Classic w/ Leigh 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	27 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11:00 - 11:45 Tanya's Sr. Fit**	28 11 - 11:45 Splash w/ Judi	29
30		* = JoAnn's Senior Yoga: Members: \$2 Non-Members: \$3	** = Tanya's Senior Fit: Members: \$2 Non-Members: \$3			