



December 2018

Senior Programming 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 11:00 - 11:45am Splash w/ Judi 11:15-12 Yoga w/ JoAnn	4 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	5 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	6 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	7 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie** 11 - 11:45 Splash w/ Judi	8
9	10 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Yoga w/ JoAnn	11 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	12 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	13 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	14 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie** 11 - 11:45 Splash w/ Judi	15
16	17 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Yoga w/ JoAnn	18 9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	19 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	20 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	21 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie** 11 - 11:45 Splash w/ Judi	22
23	24 <i>No Class</i>	25 MERRY CHRISTMAS	26 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	27 <i>No Class</i>	28 9 - 9:45 Classic w/ JoAnn 10- 11:00 Dance w/ Jackie** 11 - 11:45 Splash w/ Judi	29
30	31 <i>No Class</i>					