



December 2017

SilverSneakers Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	2
3	4 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	5 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**	6 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	7 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	8 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	9
10	11 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	12 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**	13 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	14 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit** <i>Christmas Party - 12 Noon - 2pm</i>	15 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	16
17	18 8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee	19 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**	20 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee	21 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	22 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	23
24 Closed	25 Closed	26 10 - 10:45 Classic w/ Leigh	27 9 - 9:45 Classic w/ JoAnn	28 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh	29 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	30
31 Closed					*= JoAnn's Senior Yoga Members: \$2 Non-Members: \$3 ** = Tanya's Senior Fit: Members: \$2 Non-Members: \$3	