




January 2019

Senior Programming Schedule



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