


July 2018

Senior Programming Schedule

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