


# November Senior Programming

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>9 - 9:45 - Water Aerobics - Renee**</p> <p>10 - 10:45 -Arthritis Water - Leigh**</p> <p>10:15 - 11 - Yoga - Renee</p> <p>11:15 - 12 - Yoga - Jo Ann</p>	<p>3</p> <p>9 - 9:45 - Cardio Circuit - Renee</p> <p>10 - 10:45 - SilverSplash - Karen</p> <p>10 - 10:45 - Classic - Leigh</p> <p>11 - 11:45 - Tanya's Boom Strength</p> <p>6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>4</p> <p>9 - 9:45 - Water Aerobics - Renee**</p> <p>9 - 9:45 - Yoga - Jo Ann</p> <p>10 - 10:45 -Arthritis Water - Leigh**</p> <p>10:15 - 11 - Yoga - Renee</p> <p>11:15 - 12 - Cardio Circuit - Renee</p> <p>12:10 - 12:55 - Classic - Jo Ann</p>	<p>5</p> <p>10 - 10:45 - SilverSplash - Karen</p> <p>10-10:45 - Cardio - Leigh</p> <p>11 - 11:45 - Tanya's Boom Yoga</p> <p>6 - 7:00 - Cardio &amp; Toning - Karen**</p>	<p>6</p> <p>9 - 9:45 - Water Aerobics - Renee**</p> <p>9 - 9:45 Yoga - Jo Ann</p> <p>10 - 10:45 -Arthritis Water - Leigh**</p> <p>10-11:00 Line Dancing - Jackie **</p>
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