

September 2020

Senior Programming Schedule

Mon	Tue	Wed	Thu	Fri
	<i>1</i> 9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	<i>2</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 - Yoga - Jo Ann 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee 12:10 - 12:55 - Classic - Jo Ann	<i>3</i> 10 - 10:45 - Silver Splash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	<i>4</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 Yoga - Jo Ann 10-11:00 Tai Chi Steps - Jackie **
<i>7</i> <i>Closed</i>	<i>8</i> 9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	<i>9</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 - Yoga - Jo Ann 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee 12:10 - 12:55 - Classic - Jo Ann	<i>10</i> 10 - 10:45 - Silver Splash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	<i>11</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 Yoga - Jo Ann 10-11:00 Tai Chi Steps - Jackie **
<i>14</i> 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Yoga - Jo Ann	<i>15</i> 9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	<i>16</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 - Yoga - Jo Ann 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee 12:10 - 12:55 - Classic - Jo Ann	<i>17</i> 10 - 10:45 - Silver Splash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	<i>18</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 Yoga - Jo Ann 10-11:00 Tai Chi Steps - Jackie **
<i>21</i> 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Yoga - Jo Ann	<i>22</i> 9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	<i>23</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 - Yoga - Jo Ann 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee 12:10 - 12:55 - Classic - Jo Ann	<i>24</i> 10 - 10:45 - Silver Splash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	<i>25</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 Yoga - Jo Ann 10-11:00 Tai Chi Steps - Jackie **
<i>28</i> 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Yoga - Jo Ann	<i>29</i> 9 - 9:45 - Cardio Circuit - Renee 10 - 10:45 - Silver Splash - Karen 10 - 10:45 - Classic - Leigh 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	<i>30</i> 9 - 9:45 - Water Aerobics - Renee** 9 - 9:45 - Yoga - Jo Ann 10 - 10:45 - Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee 12:10 - 12:55 - Classic - Jo Ann		