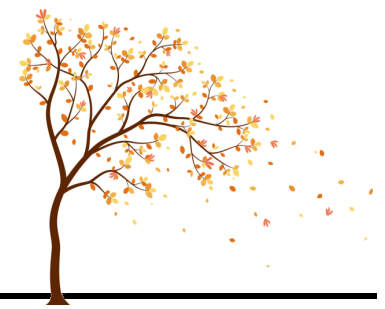




# October 2021 Senior Programming



Mon	Tue	Wed	Thu	Fri
				1 9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya
4 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya	5 9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	6 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee	7 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	8 9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya
11 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya	12 9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	13 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee	14 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	15 9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya
18 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya	19 9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	20 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee	21 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	22 9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya
25 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:10 - 11:55 - Stability - Tanya	26 9 - 9:45 - Cardio Circuit - Renee 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - Classic - Leigh 10 - 10:45 - SilverSplash - Karen 11 - 11:45 - Tanya's Boom Strength 6 - 7:00 - Cardio & Toning - Karen**	27 9 - 9:45 - Water Aerobics - Renee** 10 - 10:45 -Arthritis Water - Leigh** 10:15 - 11 - Yoga - Renee 11:15 - 12 - Cardio Circuit - Renee	28 9 - 9:45 Cardio & Toning H2O- Christine** 10 - 10:45 - SilverSplash - Karen 10-10:45 - Cardio - Leigh 11 - 11:45 - Tanya's Boom Yoga 6 - 7:00 - Cardio & Toning - Karen**	29 9 - 9:45 - SilverSplash - Renee 10 - 10:45 -Arthritis Water - Leigh** 11 - 11:45 - Classic - Tanya