September 2017
SilverSneakers Schedule

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