

Active Aging Week Schedule of FREE EXERCISE CLASSES

MON SEPT. 24	TUE SEPT. 25	WED SEPT. 26	THU SEPT. 27	FRI SEPT. 28
8am Core Board (Group Ex. Room)	8-8:55am Tai Chi (Silver Room)	8-9:10am Yoga at the Wall (Jade Room)	8:30-9:25am Deep Slow Stretch (Silver Room)	8-8:55am Rep Reebok (Group Ex. Room)
8:45-9:45am Yoga Basics (Silver Room)	8:50-9:45am Yoga Level 1 (Jade Room)	8-8:55am Boot Camp (Group Ex. Room)	9-9:55am Body Blast (Group Ex. Room)	8-8:40am Tai Chi for Arthritis (Silver Room)
9-10am Rep Reebok (Group Ex. Room)	9-9:55am Aerobics (Group Ex. Room)	8:30-9:25am SilverSneakers Classic (Silver Room)	9:15-10:10am Yin Yoga (Silver Room)	8:45-9:45am SilverSneakers Classic (Silver Room)
10-10:55am Mobility (Group Ex. Rm)	9:15-10:10am Silver Cardio (Silver Room)	9-9:55am Core Board (Group Ex. Room)	9:30-10:25am Silver Cardio (Silver Room)	9-9:55am Low & Sculpt (Group Ex. Room)
10-10:55am Easy Goes It (Silver Room)	10-10:30am Simply Stretch (Group Ex. Room)	9:30-10:25am Restorative Yoga (Jade Room)	10-10:30am Simply Stretch (Group Ex. Room)	9:00-9:55am Functional Mat Pilates (Jade Room)
11-11:55am Body Sculpt (Group Ex. Room)	10-10:55am Dance Fitness (SGT Room)	9:30-10:25am Mat Pilates (Silver Room)	10:30-11am Bootcamp Express (Group Ex. Room)	9:45-10:45am Easy Goes It (Silver Room)
11:15-12:10pm Yoga Level 2 (Silver Room)	10-11:10am Yoga Strength & Flex (Jade Room)	10-10:55am Mobility (Group Ex. Room)	10:30-11am Balance Basics (Jade Room)	10-10:55am Gentle Stretch & Mindfull Meditation (Jade Room)
12:10-1pm Gentle Stretch & Mindfulness Meditation (Jade Room)	10:30-11am Aerobics Express (Group Ex. Room)	10:30-11:25am Pilates Sculpt (Silver Room)	10:30-11:40am Functional Mat Pilates (Silver Room)	11-11:55am Body Sculpt (Group Ex. Room)
12:15-1:10pm SilverSneakers (Silver Room)	10:30-11:25am Functional Mat Pilates (Jade Room)	11-11:55am Body Sculpt (Group Ex. Room)	11:05-Noon Dance Fitness (SGT Room)	11:30-12:40pm Yoga Strength & Flex (Jade Room)
1:15-2:10pm SilverSneakers Circuit (Silver Room)	11-11:25am Balance Basics (SGT Room)	11:30-12:25pm Easy Goes It (Silver Room)	11:50-12:45pm Silver Stretch (Silver Room)	1-1:55pm SilverSneakers Classic (Silver Room)
2:15-3:10pm SS YOGA Stretch (Silver Room)	11-11:55am Zumba Gold (Group Ex. Room)	12:30-1:25pm SilverSneakers Circuit (Silver Room)	Noon-12:55pm Slow Flow Yoga (Jade Room)	1:15-2:10pm Belly Dancing Workout (Group Ex. Room)
	11:30-12:40pm Restorative Yoga (Silver Room)	1:30-2:25pm Silver Stretch (Silver Room)	1-1:55pm SilverSneakers Circuit (Silver Room)	2-2:45pm Silver Stretch (Silver Room)
	11:30-12:25pm Silver Stretch (Silver Room)		2-2:55pm Zumba Gold (Group Ex. Room)	
	12:30-1:25pm SilverSneakers Circuit (Silver Room)			

*The Center for Health and Fitness accepts Silver Sneakers and Silver and Fit memberships.

