

MONDAY

WEDNESDAY

FRIDAY

**ADVANCED
SENIOR YOGA
9:30 AM**

**SENIOR YOGA
9:30 AM**

**SENIOR YOGA
8:45 AM
SILVER & FIT
9:30 AM**

**SENIOR
MOVEMENT
10:00 AM**

**HEALTHY STEPS
11:15 AM**

**ZUMBA GOLD
10:30 AM**

**POOL ARTHRITIS
11:00 AM**

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11:00 AM**

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11:00 AM**

SENIOR CLASS SCHEDULE

