


IN THE POOL - OCTOBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						[Red Block]
7:00						
8:00	<u>AquaFit</u> 8-8:45am w/ Sue		<u>AquaFit</u> 8-8:45am w/ Sue		<u>AquaFit</u> 8-8:45am w/ Sue	
9:00						<u>AquaFit</u> 9-9:50am Deb
10:00	<u>Gentle Stretch</u> 9:30-10:15am Diane		<u>Gentle Stretch</u> 9:30-10:15am Diane		<u>Gentle Stretch</u> 9:30-10:15am Diane	
11:00			<u>Strength, Balance, Endurance</u> 11-11:50am Sue			
12:00						
1:00						
2:00			POOL CLOSED 1-3 PM			[Red Block]
3:00						
4:00						
5:00						
6:00						
7:00	<u>AquaFit</u> 7-7:50pm Deb		<u>AquaFit</u> 7-7:50pm Deb			

ON THE LAND - OCTOBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
7:00						
8:00		<u>Yoga - Renewal Room</u> 8-8:50am Claire		<u>Yoga - Renewal Room</u> 8-8:50am Claire		
9:00		<u>SilverSneakers - Studio</u> 9-10am - Sue		<u>SilverSneakers - Studio</u> 9-10am - Sue		
10:00						
11:00	<u>Tai Chi - Renewal Room</u> 11-11:50 Karen		<u>Tai Chi - Renewal Room</u> 11-11:50 Karen			
12:00						
1:00						
2:00						
3:00						
4:00						
5:00						
6:00						

