


IN THE POOL

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



ON THE LAND

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