

# Senior Adult Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 am			Healthy Heart	Water Gym	
8:30-9:30 am	Noodlerobics		Noodlerobics		Noodlerobics
9:00-10:00 am	Healthy Heart	Gentle Yoga	Zumba Gold	Senior Splash	
9:15-10:00 am			Strength & Stretch		
10:00-10:45 am	Silver Sneaker Classic	Silver Sneakers Cardio Circuit	Seated Zumba Gold Toning	Silver Sneaker Cardio Circuit	Silver Sneakers Yoga
10:00-11:00 am	Senior Splash				Senior Splash
11:00-12:00 pm		<u>Senior Spash</u> Tai Chi			
11:15-12:00 pm	Aqua Zumba				
1:00-2:00 pm	Water Arthritis		Water Arthritis		Water Arthritis