

60 PLUS SENIORS GROUP FITNESS CLASSES

MONDAY

9:30-10:30a Senior Water Aerobics

TUESDAY

8:00-8:30a Stretch Gold

9:30-10:00a Stretch Gold

10:05-11:00a Zumba Gold

WEDNESDAY

9:30-10:30a Senior Water Aerobics

THURSDAY

8:00-8:30a Stretch Gold

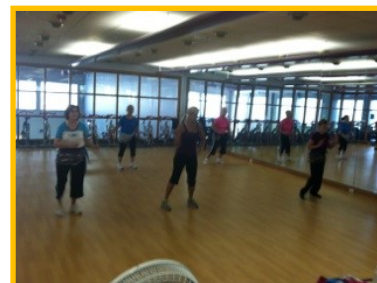
8:45-9:15a Yoga Gold

9:30-10:00a Stretch Gold

10:05-10:30a Strength Gold

FRIDAY

9:30-10:30a Senior Water Aerobics



GOLD (G) CLASSES

Stretch Gold: A series of stretching exercises will be performed to improve joint flexibility.

Strength Gold: A strength class geared toward the older adult.

Yoga for Seniors: Geared toward the older adult, this class will focus on balance, strength and flexibility. A chair can be used during the class.

SENIOR WATER AEROBICS

Attendance to this class requires the purchase of a \$20 punch card good for 10 classes. You can attend the first class for free to see if you like it. This class takes place in the Natatorium.