

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Yogalates 8:45-9:15am	Open Swim 8:00-9:00am	Yoga 8:45-9:15am	Open Swim 8:00-9:00am	Yoga 8:45-9:15am
	Take Care 10:00-10:20am		Take Care 10:00-10:20am	
Balance 10:30-11:00am		Balance 10:30-11:00am		Balance 10:30-11:00am
Open gym 11:00am-12:00pm	Open Gym 11:00am-12:00pm	Open Gym 11:00am-12:00pm	Open Gym 11:00am-12:00pm	Open Gym 11:00am-12:00pm
Silver Strength 1:00-1:30pm	Pilates 1:00-1:30pm	Strength Circuit 1:00-1:30pm	Pilates 1:00-1:30pm	Silver Strength 1:00-1:30pm
Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm
Making Waves 2:30-3:00pm		Making Waves 2:30-3:00pm		Making Waves 2:30-3:00pm
Silver Dance 3:30-4:00pm	Moving to Music 3:30-4:00pm	Silver Dance 3:30-4:00pm	Moving to Music 3:30-4:00pm	
	Tai Chi 4:00-4:30pm		Yoga 4:00-4:30pm	

Class Descriptions

Yoga– Yoga inspired movements that target flexibility, balance, and strength.

Yogalates– Yoga and pilates inspired movements to target deep breathing, strength, and balance

Balance– Class designed to address all aspects of balance such as, foot and ankle range of motion, leg strength, posture, and gait.

Silver Strength - Class utilizing resistance bands, balls, and weights to increase overall muscular strength.

Strength Circuit– Strength exercises utilizing resistance bands, balls, and weights performed in a rotating circuit to increase overall strength.

Pilates- 30 minutes of core (back and belly) muscle exercises.

Open Swim- Pool is open with a lifeguard present. No buddy required

Making Waves– Pool aerobics class that focuses on overall body strength and aerobic capacity.

Open Gym- Open wellness center with a staff member present to help those who need assistance.

Take Care- Class designed for Care Center residents.

Tai Chi- Class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Silver Dance– Dance and aerobics moves choreographed to fun and uplifting music. Have fun while dancing!

Moving to Music– Choreographed moves performed from a chair position. All are welcome. No experience required!

****Making Waves classes are held in the pool.***

All other classes take place in the aerobics studio unless otherwise specified.