

HARAHAN OCHSNER FITNESS CENTER SENIOR CLASS SCHEDULE

3/14/2019

| | Time | Studio | Instructor | Class |
|-----------|----------|----------|---------------|-------------------------------|
| MONDAY | 8:00am | Studio A | Morris | Senior Circuit Training |
| | 9:00am | Rec Pool | Liz | Aqua Aerobics |
| | 9:00am | Studio A | Linda S, | Senior Yoga |
| | 10:00am | Rec Pool | Liz | Balance & Flexibility |
| | 10:30am | Studio A | Linda B. | Line Dancing / Beginner |
| | 11:30am | Studio A | Linda B. | Line Dancing / Intermediate |
| | 1:00pm | Studio A | Linda S. | Senior Yoga |
| | 4:30pm | Rec Pool | Sue | Aqua Aerobics |
| | 5:30pm | Rec Pool | Sue | Aqua Aerobics |
| TUESDAY | Time | Studio | Instructor | Class |
| | 8:00am | Rec Pool | Darlene | Balance & Flexibility |
| | 8:00am | Studio A | Linda | Senior Cardio Class |
| | 9:00am | Lap Pool | Cindy | Power Hour |
| | 9:00am | Studio A | Linda | Senior Cardio Class |
| | 10:00am | Lap Pool | Cindy | Power Hour |
| | 11:15am | Studio A | Peter | Tai Chi |
| | 1:00pm | Studio A | Lucille | SilverSneakers Classic |
| WEDNESDAY | Time | Studio | Instructor | Class |
| | 8:00am | Studio A | Anna | Chair Pilates |
| | 8:00am | Rec Pool | Darlene | Balance & Flexibility |
| | 9:00am | Studio A | Deborah | Zumba Gold |
| | 9:00am | Lap Pool | Andrea P. | Aqua Aerobics |
| | 10:00am | Rec Pool | Andrea P. | Balance & Flexibility |
| | 12:30pm | Studio A | Linda B. | Line Dancing- Beginner/ Inter |
| | 1:30pm | Studio A | Linda B. | Line Dancing- Interm / Advan |
| | 4:30pm | Rec Pool | Jeanne | Aqua Aerobics |
| 5:30pm | Rec Pool | Julia | Aqua Aerobics | |
| THURSDAY | Time | Studio | Instructor | Class |
| | 8:00am | Rec Pool | Darlene | Balance & Flexibility |
| | 8:00am | Studio A | Laura | Senior Cardio Class |
| | 9:00am | Studio A | Laura | Senior Cardio Class |
| | 9:00am | Lap Pool | Cindy | Water Walking |
| | 10:00am | Lap Pool | Cindy | Silver Splash |
| | 1:00pm | Studio A | Rene | SilverSneakers Classic |
| FRIDAY | Time | Studio | Instructor | Class |
| | 8:00am | Studio A | Morris | Senior Circuit Training |
| | 8:00am | Rec Pool | Darlene | Balance & Flexibility |
| | 9:00 AM | Lap Pool | Cindy | Power Hour |
| | 10:00am | Rec Pool | Andrea T. | Balance & Flexibility |
| | 10:15am | Studio A | Linda B. | Line Dancing / Beginner |
| | 11:15am | Studio A | Deborah | Zumba Gold |
| | 1:00pm | Studio A | Linda S, | Senior Yoga |
| Saturday | Time | Studio | Instructor | Class |
| | 2pm | Studio A | John | Tai Chi |