

HERITAGE SENIOR CLASS SCHEDULE

3/13/2019

	Time	Studio	Instructor	Class
MONDAY	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Pool	Janice	Balance and Flexibility
	11:15am	Aerobic	Morris	Silver Sneakers
	11:00am	Yoga	Brenda	Line Dancing
	12:15pm	Aerobic	Morris	Senior Cardio Fit
	Time	Studio	Instructor	Class
TUESDAY	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Yoga	Joy	Balance and Flexibility
	10:30am	Aerobic	Brenda	Line Dancing -Beginner
	11:30am	Aerobic	Brenda	Line Dancing - Interm
	Time	Studio	Instructor	Class
WEDNESDAY	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Pool	Janice	Balance and Flexibility
	10:15am	Aerobic	Rita	Silver Sneakers
	11:00am	Yoga	Rita	Yoga
	Time	Studio	Instructor	Class
THURSDAY	9:00am	Yoga	Morris	Balance and Flexibility
	2:00pm	Aerobic	Peter	Tai-Chi
	Time	Studio	Instructor	Class
FRIDAY	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Pool	Janice	Balance and Flexibility
	10:00am	Yoga	Linda	Senior Yoga

POOL CLASS MAX CAPACITY 26

YOGA ROOM MAX CAPACITY 20