

## HERITAGE SENIOR CLASS SCHEDULE

8/28/2019

	Time	Studio	Instructor	Class
<b>MONDAY</b>	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Pool	Janice	Balance and Flexibility
	11:15am	Aerobic	Karen	Silver Sneakers Yoga
	11:00am	Yoga	Brenda	Line Dancing
	12:15pm	Aerobic	Gene	Senior Cardio Fit
	Time	Studio	Instructor	Class
<b>TUESDAY</b>	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Yoga	Joy	Balance and Flexibility
	10:30am	Yoga	Brenda	Line Dancing -Beginner
	11:30am	Yoga	Brenda	Line Dancing - Interm
		Time	Studio	Instructor
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	8:45am	Yoga	Cheri F.	Balance and Flexibility
	2:00pm	Aerobic	Peter	Tai-Chi
		Time	Studio	Instructor
<b>FRIDAY</b>	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