

HARAHAN OCHSNER FITNESS CENTER SENIOR CLASS SCHEDULE

9/23/2019

	Time	Studio	Instructor	Class
MONDAY	8:00am	Studio A	Robert	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	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
	11:15am	Studio A	Peter	Tai Chi
	1:00pm	Studio A	Lucille	SilverSneakers Classic
WEDNESDAY	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	Jeanne	Aqua Aerobics
THURSDAY	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	8:00am	Studio A	Robert	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