

HERITAGE SENIOR CLASS SCHEDULE

1/14/2020

	Time	Studio	Instructor	Class
MONDAY	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
TUESDAY	Time	Studio	Instructor	Class
	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
WEDNESDAY	Time	Studio	Instructor	Class
	8:30am	Pool	Joy	Aqua Aerobics
	9:30am	Pool	Janice	Balance and Flexibility
	10:15am	Aerobic	Rita	Silver Sneakers
	11:00am	Yoga	Rita	Yoga
THURSDAY	Time	Studio	Instructor	Class
	8:45am	Yoga	Cheri F.	Balance and Flexibility
	2:00pm	Aerobic	Peter	Tai Chi
FRIDAY	Time	Studio	Instructor	Class
	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