

HARAHAN SENIOR GROUP FITNESS SCHEDULE 2020 REN.

MONDAY

8:00 AM: SENIOR CIRCUIT TRAINING
Robert- Studio B

9:00 AM: AQUA AEROBICS
Liz- Rec Pool

9:00 AM: SENIOR YOGA
Linda S.- Studio B

10:00 AM: BALANCE & FLEXIBILITY
Liz- Rec Pool

10:30 AM: LINE DANCING BEGINNER
Linda B.- Studio B

11:30 AM: LINE DANCING INTERMEDIATE
Linda B.- Studio B

1:00 PM: SENIOR YOGA
Linda S.- Studio B

4:30 PM: AQUA AEROBICS
Sue- Rec Pool

5:30 PM: AQUA AEROBICS
Sue- Rec Pool

TUESDAY

8:00 AM: BALANCE AND FLEXIBILITY
Darlene- Rec Pool

8:00 AM: SENIOR CARDIO CLASS
Linda- Studio B

9:00 AM: POWER HOUR
Cindy- Lap Pool

9:00 AM: SENIOR CARDIO CLASSES
Linda- Studio B

11:00 AM: TAI CHI
Peter- Studio A

1:00 PM: SILVER SNEAKERS CLASSIC
Lucille- Studio B

WEDNESDAY

8:00 AM: CHAIR PILATES
Anna- Studio B

8:00 AM: BALANCE AND FLEXIBILITY
Darlene- Rec Pool

9:00 AM: ZUMBA GOLD
Deborah- Studio B

9:00 AM: AQUA AEROBICS
Andrea P.- Lap Pool

10:00 AM: BALANCE AND FLEXIBILITY
Andrea P.- Rec Pool

12:30 PM: LINE DANCING BEGINNER/INTERMEDIATE
Linda B.- Studio B

1:30 PM: LINE DANCING INTERMEDIATE/ADVANCED
Linda B.- Studio B

4:30 PM: AQUA AEROBICS
Jeanne- Rec Pool

5:30 PM: AQUA AEROBICS
Jeanne- Rec Pool

THURSDAY

8:00 AM: BALANCE AND FLEXIBILITY
Darlene- Rec Pool

8:00 AM: SENIOR CARDIO CLASS
Laura- Studio B

9:00 AM: SENIOR CARDIO CLASS
Laura- Studio B

9:00 AM: WATER WALKING
Cindy- Lap Pool

10:00 AM: SILVER SPLASH
Cindy- Lap Pool

1:00 PM: SILVER SNEAKERS CLASSIC
Rene- Studio B

FRIDAY

8:00 AM: SENIOR CIRCUIT TRAINING
Robert- Studio B

8:00 AM: BALANCE AND FLEXIBILITY
Darlene- Rec Pool

9:00 AM: POWER HOUR
Cindy- Lap Pool

10:00 AM: BALANCE AND FLEXIBILITY
Andrea T.- Lap Pool

10:15 AM: LINE DANCING BEGINNER
Linda B.- Studio B

11:15 AM: ZUMBA GOLD
Deborah- Studio B

1:00 PM: SENIOR YOGA
Linda S.- Studio B

SATURDAY

2:00 PM: TAI CHI
Peter- Studio A