



| MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | |
|----------|--------|----------------------------------|------------|----------|--------|----------------------------------|------------|---|--------|----------------------|------------|
| Time | Studio | WATER CLASSES | Instructor | Time | Studio | WATER CLASSES | Instructor | Time | Studio | WATER CLASSES | Instructor |
| 9:00 AM | RP | Water Aerobics | Liz | | | | | 8:00 AM | RP | Balance and Flex | Darlene |
| 10:00 AM | RP | Balance and Flex | Liz | 8:00 AM | RP | Balance and Flex | Darlene | 9:00 AM | RP | Water Aerobics | Andrea P. |
| 4:30 PM | RP | Water Aerobics | Sue | 9:00 AM | LP | Power Hour | Cindy | 4:30 PM | RP | Water Aerobics | Jeanne |
| 5:30 PM | RP | Water Aerobics | Sue | | | | | 5:30 PM | RP | Water Aerobics | Jeanne |
| Time | Studio | STUDIO CLASSES | Instructor | Time | Studio | STUDIO CLASSES | Instructor | Time | Studio | STUDIO CLASSES | Instructor |
| 12:00 PM | B | Senior Cardio | Linda S. | 9:15 AM | B | Senior Strength - Cardio Circuit | Sue | 8:00 AM | B | Chair Pilates | Anna |
| 1:00 PM | B | Senior Yoga | Linda L. | 10:15 AM | B | Senior Fit n Flex | Sue | 9:15am | B | Zumba Gold | Deborah |
| 2:15 PM | A | Line Dancing Beg. | Brenda | 1:30 PM | B | Silver Sneaker Cardio | Lucille | 1:00 PM | A | Line Dancing Beg | Linda B. |
| | | | | | | | | 2:00 PM | A | Line Dancing Int-Adv | Linda B. |
| THURSDAY | | | | FRIDAY | | | | SCHEDULE SUBJECT TO CHANGE AT ANYTIME | | | |
| Time | Studio | WATER CLASSES | Instructor | Time | Studio | WATER CLASSES | Instructor | | | | |
| 8:00 AM | RP | Water Aerobics | Sue | 8:00 AM | RP | Balance and Flex | Darlene | | | | |
| 9:00 AM | LP | Water Combo | Jan | 9:00 AM | LP | Power Hour | Cindy | | | | |
| | | | | 10:00 AM | RP | Balance and Flex | Andrea T. | | | | |
| Time | Studio | STUDIO CLASSES | Instructor | Time | Studio | STUDIO CLASSES | Instructor | STUDIO KEY STUDIO A Located across from Café RP- Inside Rec Pool LP - Inside Lap Pool STUDIO B - Located behind inside pool area | | | |
| 9:15 AM | BC | Senior Strength - Cardio Circuit | Sue | 9:00 AM | B | Zumba Gold | Deborah | | | | |
| 10:15 AM | BC | Senior Fit n Flex | Sue | 12:00 PM | B | Senior Cardio | Linda S. | | | | |
| 1:30 PM | A | Senior Cardio | Lisa | 1:00 PM | B | Senior Yoga | Linda L. | | | | |
| | | | | 1:00 PM | A | Line Dancing Beg | Linda B. | | | | |
| | | | | 2:00 PM | A | Line Dancing Adv | Linda B. | | | | |

HARAHAN SENIOR GROUP FITNESS SCHEDULE