



Senior Programming Options

COMMERCE DRIVE:

Studio A (Upstairs)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Cardio Mix <i>Lois</i>	Stretch <i>Lois</i>	WG Power Mix <i>Linda</i>		Cardio/Core <i>Lois</i>	
11:35am	WG Power Mix <i>Beth</i>		♥ HEART SMART <i>Natalie</i>		WG Power Mix <i>Beth</i>	

LEXINGTON:

Studio A (Upstairs)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30a		WG Power Mix <i>Beth</i>		Heart Smart <i>Lois</i>	BOOM Muscle and Mind <i>Katie</i>	
11:30a	<u>11:45am</u> Senior Challenge <i>Thebither</i>	GENTLE YOGA <i>Sonya</i>		GENTLE YOGA <i>Sonya</i>		

STUDIO "B" (Main Floor)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:20am				Stretch <i>Lois</i>		
10:30am	Senior Challenge <i>Thebither</i>	10:25am Stretch <i>Julie</i>	Senior Challenge <i>Thebither</i>	*SILVERSNEAKERS Classic <i>Natalie</i>	Senior Challenge <i>Thebither</i>	
11:45am	*SILVERSNEAKERS Classic <i>Heidi</i>		*SILVERSNEAKERS Classic <i>Heidi</i>	11:30am Chair Yoga <i>Natalie</i>	Senior Challenge <i>Thebither</i>	

AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15a	*WATER WORKS <i>Lisa</i>		*WATER WORKS <i>Lisa</i>		*WATER WORKS <i>Lois</i>	*WATER WORKS <i>Mary-Carol</i>
10:15a	*A LIGHTER SPLASH <i>Lisa</i>	*SILVERSPASH <i>Margaret</i>	*A LIGHTER SPLASH <i>Rebecca</i>	*SILVERSPASH <i>Lisa</i>		