



OLDER ADULTS

Land Group Exercise Classes

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monday			
Time	Class	Instructor/	Studio
6:00am	Hatha Yoga	Christel	studio 2
8:00am	Muscular Strength ®	Brenda	studio 2
9:00am	Muscular Strength ®	Aileen	studio 2
10:00am	ZUMBA GOLD®	Shelly	gym 1
10:00am	Tai Chi for Health	Gretchen	studio 2
11:00am	Yoga Flow	Norma	studio 2
5:00pm	Iyengar Yoga	Sharryn	studio 2
6:00pm	Iyengar Yoga	Sharryn	studio 2

Tuesday			
Time	Class	Instructor/	Studio
8:00am	Muscular Strength ®	Brenda	studio 2
9:00am	Yoga Stretch ®	Aileen	studio 2
11:00am	Iyengar Yoga	Sharryn	studio 2
1:00pm	Muscular Strength ®	Brenda	studio 1
2:00pm	ACT Rotation		studio 1

Wednesday			
Time	Class	Instructor/	Studio
6:00am	Hatha Yoga	Christel	studio 2
8:00am	Muscular Strength ®	Georgia	studio 2
9:00am	Stretch for Health	Georgia	studio 2
10:00am	ZUMBA GOLD®	Heidi	gym 1
10:00am	Tai Chi	Norma	studio 2

Thursday			
Time	Class	Instructor/	Studio
8:00am	Muscular Strength ®	Brenda	studio 2
9:00am	Yoga Stretch ®	Shelly	studio 2
11:00am	Yoga Flow	Norma	studio 2
1:00pm	Muscular Strength ®	Brenda	studio 1
2:00pm	ACT Rotation		studio 1

Friday			
Time	Class	Instructor/	Studio
8:00am	Stretch for Health	Georgia	studio 2
9:00am	Muscular Strength ®	Georgia	studio 2
10:00am	ZUMBA GOLD®	Heidi	gym 1
10:00am	Tai Chi for Health	Gretchen	studio 2



Zumba Gold®

* Instructor subject ot change