



# Active Older Adult Group Exercise

Suitable for ALL  
as well as:  
Silver & Fit  
Silver Sneakers

\*Fee Based

#AOA

± Special Needs

∞ Instructional  
Pool

▣ Deep Water

≈ Shallow Water

△ Triangle Room

Ω Williams Room

□ Bowen Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am #≈ Aqua Interval Int./Adv. Diana T.	8:15-9:15am #TT Aqua Strong Deep Definition Elaina T.		8:15-9:15am #TT Aqua Strong Elaina T.	8-9am #≈ Aqua Interval Int./Adv. Diana T.		
		8:30-9:30am #≈ Aqua STRONG Elaina T.			8:30-9:30am #TT Aqua STRONG Sherri H.	
9-10:00am #∞ Aqua Yoga Sandi C.				9-10am #∞ Aqua Yoga Sandi C.		
	9:30-10:30am #≈ Aqua STRONG Elaina T.	9:30-10:30am #∞ Water Tai Chi Elaina T.	9:30-10:30am #≈ Aqua STRONG Elaina T.		9:30-10:30am #≈ Aqua Cardio Mix JoAnn G.	
		10:30-11:30am #∞ Aqua Pilates Sandi C.				
	10:45-11:30am #∞ Sr. Aqua Range of Motion Elaina T.	10:45-12:00pm #□ Viniyoga Sharon B.	10:45-11:30am #∞ Sr. Aqua Range of Motion Elaina T.			
10:50-11:50am #Ω Silver Sneakers Classic Dave B.		10:50-11:50am #Ω Senior STRONG Alice F.	10:50-11:50am #Ω Senior STRONG Jennifer P.	10:50-11:50am #Ω Senior STRONG Jennifer P.		
11-12pm # Aqua Yoga Sandi C.	11:10-12:05pm #Ω Senior STRONG Tina R.			11-12pm #∞ Aqua Balance Sandi C.		
	11:45-12:45pm *∞ Range of Motion Diana T.		11:45-12:45pm *∞ ROM Diana T.			
12-1pm #Ω STRONG Alice F.	12:10-1:10pm #Ω Zumba Gold Tina R.	12-1pm #Ω STRONG Alice F.	12-1pm #Ω Zumba Gold Diana T.	12-1pm #Ω STRONG Diana T.		
						12:45 - 1:30pm ≈ Aqua Fit JoAnn G.
						1:30-2:30pm ≈ Aqua Barre JoAnn G.
6:15-7:15pm #TT Aqua Cardio Mix JoAnn G.	6:15-7:15pm #≈ Aqua Interval Int./Adv. Diana T.		6:30-7:15pm #≈ Aqua Interval Int./Adv. Diana T.	6:15-7:15pm #≈ Aqua Zumba Jewell S.		