

ACTIVE OLDER ADULTS SCHEDULE 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>Aqua Fit</u> 7:00am-8:00am Kay Indoor Pool		<u>Aqua Fit</u> 7:00am-8:00am Kay Indoor Pool			
<u>Aqua Fit</u> 8:15am-9:15am Jolyn Indoor Pool		<u>Aqua Fit</u> 8:15am-9:15am Jolyn Indoor Pool	<u>Hatha Yoga</u> 7:30-8:20am Nellie Group Ex Studio			
<u>Zumba Gold</u> 8:25am- 9:25am Barbra Yoga/Pilates		<u>Zumba Gold</u> 8:25am- 9:25am Barbra Yoga/Pilates		<u>Zumba Gold</u> 8:25am- 9:25am Barbara Yoga/Pilates		
<u>Aqua Range of Motion</u> 9:30am-10:30am Jolyn Indoor Pool		<u>Aqua Range of Motion</u> 9:30am-10:30am Jolyn Indoor Pool	<u>Tai Chi</u> 9:15am-10:45am John Program Center	<u>Aqua Range of Motion</u> 9:30am-10:30am Jolyn Indoor Pool		
<u>NIA Dance</u> Rebecca 10:00-11:00am Yoga/Pilates		<u>Tai Chi</u> 10:00-11:00am John Program Center	<u>Qigong</u> 10:45am-11:30am John Program Center	<u>Gentle Senior Fitness</u> 10:10am-11:10am Shauna Group Ex Studio		
<u>Gentle Senior Fitness</u> 10:10am-11:10am Shauna Group Ex Studio	<u>Aqua Range of Motion</u> 10:45am-11:45am Nancy Indoor Pool	<u>Gentle Senior Fitness</u> 10:10am-11:10am Shauna Group Ex Studio	<u>Aqua Range of Motion</u> 10:45am-11:45am Nancy Indoor Pool	<u>Arthritis Aqua Exercise</u> 11:00am-12:00pm Joyce Indoor Pool		
<u>Arthritis Aqua Exercise</u> 11:00am-12:00pm Joyce Indoor Pool		<u>Arthritis Aqua Exercise</u> 11:00am-12:00pm Joyce Indoor Pool	<u>Gentle Yoga</u> 11:30-12:30pm Heidi Yoga/Pilates	<u>Gentle Yoga</u> 11:10am-12:10pm Heidi Yoga/Pilates		
<u>Gentle Yoga</u> 11:10am-12:10pm Rebecca Yoga/Pilates	<u>Stretch</u> 5:00pm-5:25pm Shauna Mind/Body Studio	<u>Gentle Yoga</u> 11:10am-12:10pm Rebecca Yoga/Pilates	<u>Stretch</u> 5:00pm-5:25pm Shauna Yoga/Pilates			<u>Fundamentals of Yoga</u> 3:00-4:00 pm Nellie Yoga/Pilates room
<u>Fundamentals Of Yoga</u> 12:30-1:30pm Nellie Yoga/Pilates	<u>Step & Strong</u> 5:30pm-6:30pm Shauna Yoga/Pilates	<u>NIA Dance</u> 4:14-5:15 pm Rebecca Yoga/Pilates	<u>Step & Strong</u> 5:30pm-6:30pm Shauna Yoga/Pilates			<u>Hatha Flow Yoga</u> 4:15-5:15pm Nellie Yoga/Pilates
		<u>Beginning Yoga</u> 5:25pm-6:25pm Rebecca Yoga/Pilates		<u>Relaxing Yoga</u> 7:00pm-8:00pm Claudette Yoga/Pilates		

****Monthly activities are planned for our Active Older Adult Community. The monthly schedule is posted at the Welcome Center and also at www.austinyymca.org. Email swprograms@austinyymca.org with questions or recommendations.**