



SENIOR SCHEDULE

Fallon Avenue

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUAFIT 7:45-8:30 AM		AQUAFIT 7:45-8:30 AM	AQUAFIT 7:45-8:30 AM	AQUAFIT 7:45-8:30 AM	AQUAFIT 8:15-9:00 AM
AQUAFIT 8:45-9:30 AM	TAI CHI 8:15-8:50 AM	AQUAFIT 8:45-9:30 AM	TAI CHI 8:15-8:50 AM	AQUAFIT 8:45-9:30 AM	
GENTLE YOGA 10:00-11:00 AM	FOREVER ACTIVE 9:05-9:50 AM	ZUMBA 10:05-10:55	FOREVER ACTIVE 9:05-9:50 AM	ZUMBA 10:35-11:35	
ZUMBA 10:35-11:30 AM	PEAK ALIGNMENT 12:10-1:00 PM	GENTLE YOGA 10:30-11:30	PEAK ALIGNMENT 12:10-1:00 PM		
LEVEL 1 YOGA 12:10-1:00 PM	AQUAFIT 5:30-6:15 PM	BACK-N-BALANCE 11:00-11:45 AM			
FOREVER ACTIVE 1:30-2:15 PM		FOREVER ACTIVE 1:30-2:15 PM			
AQUA ZUMBA 5:30-6:15		AQUAFIT 5:30-6:15 PM			
LEVEL 1 YOGA 6:00-7:00 PM		LEVEL 1 YOGA 6:00-7:00 PM			

SENIOR SCHEDULE

Mendenhall

Monday: Peak Alignment 11:00-11:50 AM

Wednesday: Zumba 8:30-9:30 AM

Friday: Level 1 Yoga 9:50-10:50 AM

Peak Alignment 11:00-11:50 AM