



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 7:45-8:30 AM | AQUAFIT 8:00-9:00 AM |
| AQUAFIT 8:45-9:30 AM | TAI CHI 8:00-8:45 AM | AQUAFIT 8:45-9:30 AM | TAI CHI 8:00-8:45 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 | GENTLE YOGA 11:10-11:55 | GENTLE YOGA 10:15-11:15 | GENTLE YOGA 11:10-11:55 | | |
| | PEAK ALIGNMENT 12:10-1:00 PM | | PEAK ALIGNMENT 12:10-1:00 PM | | |
| FOREVER ACTIVE 1:30-2:15 PM | | FOREVER ACTIVE 1:30-2:15 PM | | FOREVER ACTIVE 1:30-2:15 PM | |
| AQUAFIT 5:30-6:15 | AQUAFIT 5:30-6:15 PM | AQUAFIT 5:30-6:15 PM | | | |
| LEVEL 1 YOGA 6:00-7:00 PM | | LEVEL 1 YOGA 6:00-7:00 PM | | | |
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SENIOR SCHEDULE

DOWNTOWN ON MENDENHALL:

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

Wednesday: Gentle Yoga 9:45-10:45

Friday: Level 1 Yoga 9:45-10:45 AM

Peak Alignment 11:00-11:50 AM