

# FALL SILVERSNEAKERS AND SILVER 'N FIT 2018



This weekly calendar is the normal schedule, in the event of any changes we will notify you via fliers or email. All times listed in the white areas are pool hours, and the shaded areas are land sessions.



By providing any staff member with your email address we are able to notify you in real time of any updates or changes to the schedule!

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Fitness Room 9-11am	Classic Class 10am	Fitness Room 9-11am	Classic Class 10am	Fitness Room 9-11am	
Class: Aqua Aerobics 10:15-11:00am	Water Walking 11:45-3:00pm	Tai Chi 10:00am	Water Walking 11:45-3:00pm	Class: Aqua Aerobics 10:15-11:00am	Water Walking 11:00-1:30pm
Class: Aqua Aerobics 11:15-12:00am		Class: Aqua Aerobics 10:15-11:00am		Class: Aqua Aerobics 11:15-12:00am	
Lap Swim 12:15-1:00pm	Water Walking 5:05-6:30pm	Lap Swim 12:15-1:00pm	Water Walking 5:05-6:30pm	Lap Swim 12:15-1:00pm	
Water Walking 1-2pm	Fitness Room 4:30-6:30pm	Water Walking 1-2pm	Fitness Room 4:30-6:30pm	Water Walking 1-3pm	
Chair Yoga: 2:00 pm		Chair Yoga: 2:30 pm			
Hydro Fusion 2:00pm - 2:45pm		Hydro Fusion 2:00pm - 2:45pm			