



MONDAY				TUESDAY				WEDNESDAY			
Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor
9:00 AM	RP	Water Aerobics	Liz					8:00 AM	RP	Balance and Flex	Darlene
10:00 AM	RP	Balance and Flex	Liz	8:00 AM	RP	Balance and Flex	Darlene	9:00 AM	RP	Water Aerobics	Andrea P.
4:30 PM	RP	Water Aerobics	Sue	9:00 AM	LP	Power Hour	Cindy	4:30 PM	RP	Water Aerobics	Jeanne
5:30 PM	RP	Water Aerobics	Sue					5:30 PM	RP	Water Aerobics	Jeanne
Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor
12:00 PM	B	Senior Cardio	Linda S.	9:15 AM	B	Senior Strength	Sue	8:00 AM	B	Chair Pilates	Anna
1:00 PM	B	Senior Yoga	Linda L.	10:15 AM	B	Senior Fit n Flex	Sue	9:15am	B	Zumba Gold	Deborah
2:15 PM	A	Line Dancing Beg.	Brenda	1:30 PM	B	Silver Sneaker Cardio	Lucille	1:00 PM	A	Line Dancing Beg	Linda B.
								2:00 PM	A	Line Dancing Int-Adv	Linda B.
THURSDAY				FRIDAY				<b>SCHEDULE SUBJECT TO CHANGE AT ANYTIME</b>			
Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor				
8:00 AM	RP	Water Aerobics	Sue	8:00 AM	RP	Balance and Flex	Darlene				
9:00 AM	LP	Water Combo	Jan	9:00 AM	LP	Power Hour	Cindy				
				10:00 AM	RP	Balance and Flex	Andrea T.				
Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor	<b>STUDIO KEY</b> STUDIO A Located across from Café RP- Inside Rec Pool LP - Inside Lap Pool STUDIO B - Located behind inside pool area			
9:15 AM	BC	Senior Strength	Sue	9:00 AM	B	Zumba Gold	Deborah				
10:15 AM	BC	Senior Fit n Flex	Sue	12:00 PM	B	Senior Cardio	Linda S.				
1:30 PM	A	Senior Cardio	Lisa	1:00 PM	B	Senior Yoga	Linda L.				
				1:00 PM	A	Line Dancing Beg	Linda B.				
				2:00 PM	A	Line Dancing Adv	Linda B.				

# HARAHAN SENIOR GROUP FITNESS SCHEDULE