

# Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-9:45 <b>Sit &amp; Tone</b> 2<sup>nd</sup> fl btw 5 &amp; 6</p> <p>10:00-11:00 <b>Water Aerobics</b> Pool</p> <p>11:30-12:00 <b>Chair Yoga</b> 2<sup>nd</sup> fl btw 5 &amp; 6</p> <p>1:45-2:00 <b>Strengthen Your Abdominals</b> 15 minute chair class Carriage House</p> <p>2:15-2:45 <b>Balance Training</b> Carriage House</p> <p>2:45 -3:15 <b>Light Cardio</b> Carriage House</p> <p>3:30-4:00 <b>Personal Training</b> Weight Room</p>	<p>8:45-9:45 <b>Health Walk*</b> Leaves from Community Center *Sign up at the Activities Desk</p> <p>10:30-11:30 <b>Wii Sports</b> Theater</p> <p>11:30-12:30 <b>Tai Chi-Bob Klein</b> Theater</p> <p>1:30-2:00 <b>Strength Building</b> 2<sup>nd</sup> fl btw 5&amp;6</p> <p>2:00-2:30 <b>Stretch Class</b> *</p> <p>2<sup>nd</sup> fl btw 5&amp;6</p> <p>3:00-4:00 <b>Personal Training</b> Weight Room</p>	<p>9:00-9:45 <b>Strength</b> 2<sup>nd</sup> fl btw 5 &amp; 6</p> <p>10:00-11:00 <b>Water Aerobics</b> Pool</p> <p>11:30-12:00 <b>Strengthen your legs</b> Carriage house*</p> <p>1:45-2:00 <b>Strengthen Your Abdominals</b> 15 minute chair class Carriage House</p> <p>2:15-2:45 <b>Balance Training</b> Carriage House</p> <p>2:45-3:15 <b>Light Chair Cardio</b> Carriage House</p> <p>3:30-4:00 <b>Personal Training</b> Weight Room</p>	<p>8:45-9:45 <b>Health Walk*</b> Leaves from Community Center *Sign up at the Activities Desk</p> <p>10:30-11:30 <b>Wii Sports</b> Theater</p> <p>11:30-12:30 <b>Tai Chi-Bob Klein</b> Theater</p> <p>1:30-2:00 <b>Strength Building</b> 2<sup>nd</sup> fl btw 5 &amp; 6</p> <p>2:00-2:30 <b>Stretch Class*</b> 2<sup>nd</sup> fl btw 5&amp;6</p> <p>3:15-3:45 <b>Personal Training</b> Weight Room</p>	<p>9:00-9:45 <b>Sit &amp; Tone</b> 2<sup>nd</sup> fl btw 5 &amp; 6</p> <p>10:00-11:00 <b>Water Aerobics</b> Pool</p> <p>11:30-12:00 <b>Strengthen your legs</b> Carriage House</p> <p>1:00-1:30 <b>Zumba slow latin</b> *dancing Carriage House</p> <p>1:45-2:15 <b>Chair Yoga</b> * 2<sup>nd</sup> fl btw 5&amp;6</p> <p>2:30-3:30 <b>Personal Training</b> Weight Room</p>
				<div data-bbox="2107 1114 2610 1211" data-label="Section-Header"> <h2>SATURDAY</h2> </div>
				<p>11:30-12:30 <b>Bob Klein's Tai Chi Tape</b> Theater</p>



**Julie Sullivan-Fitness Instructor**  
Ext. 2782

\*NEW CLASSES

Updated November 2011