

January 2022

TOTAL FITNESS

GROUP EXERCISE SCHEDULE

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
6:00am							
7:00am		Masters Swim 7:00am Paul	Group Swim 7:00am	Masters Swim 7:00am Paul	Group Swim 7:00am		
8:00am							
9:00am	Silver Splash 9:00am Karen		Silver Splash 9:00am Karen		Silver Splash 9:00am Karen		
10:00am	Tai Chi 10:00am Sedgie	Pilates 10:00am Linda	Tai Chi 10:00am Sedgie	Pilates 10:00am Linda	Tai Chi 10:00am Sedgie	Water Aerobics 10:00am Dee	
11:00am	Silver Sneakers Strength & Cardio 11:00am Dee	CHOGA 11:00am Dee	Silver Sneakers Strength & Cardio 11:00am Karen	CHOGA 11:00am Dee	Silver Sneakers Strength & Cardio 11:00am Becky		
12:00pm	Yoga 12:00 noon Becky		Yoga 12:00 noon Lisa		Yoga 12:00 noon Becky		
1:00pm	Water Aerobics 1:00pm Dee	Water Aerobics 1:00pm Dee	Water Aerobics 1:00pm Karen	Water Aerobics 1:00pm Dee	Water Aerobics 1:00pm Dee		
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
Pool		Group Exercise Room #1			Group Exercise Room #2		