

# BOOMER & BEYOND CLASSES • JULY SCHEDULE

Wellness Studio, Aerobics Studio, Pool Area

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>MORNING</b>		<b>Water Walking*</b> <b>8:30-9</b>		<b>Water Walking*</b> <b>8:30-9</b>			
		<b>Joint Effort</b> <b>9-10</b> 1JG, 8JG, 15JG, 22JG, 29BB	<b>SilverSneakers I</b> <b>Yoga Stretch</b> <b>9:30-10:30</b> SS	<b>Joint Effort</b> <b>9-10</b> 3KG, 10KG, 17JG, 24BB			
		<b>Boomers &amp; Beyond Yoga</b> <b>10:45-11:45</b> SA		<b>Boomers &amp; Beyond Yoga</b> <b>10:45-11:45</b> SS			
<b>MID-DAY</b>	<b>Boomers &amp; Beyond Strength</b> <b>10:45-11:45</b> HP	<b>SilverSneakers I</b> <b>Muscular Strength</b> <b>10:45-11:45</b> 6RH, 13SP, 20RH, 27SP	<b>Boomers &amp; Beyond Strength</b> <b>10:45-11:45</b> HP	<b>SilverSneakers I</b> <b>Muscular Strength</b> <b>10:45-11:45</b> HP	<b>Boomers &amp; Beyond Strength</b> <b>10:45-11:45</b> SP		
	<b>Gentle Yoga</b> <b>11:45-1</b> SL	<b>BODYVIVE</b> <b>Noon-1</b> BK	<b>Gentle Yoga</b> <b>11:45-1</b> SL	<b>BODYVIVE</b> <b>12:15-1:15</b> BK	<b>Gentle Yoga</b> <b>11:45-1</b> SL		
<b>EVENING</b>							

\*Water walking is an unsupervised period of time when the pool is reserved for water walking. Some use it as a warm-up for Joint Effort

Instructor Key: AB=Angela Boeke, BK=Klutts, HP=Holly Pardekooper, JD=Jody Davis, JK=Jay Kambhu, MD=Megan Dusing, MR=Melissa Robinson, RH=Rosanne Hopson, SaP=Sarah Post, SL=Sherry Lobodiak, SP=Shannon Price, SS= Stephanie Smith, SY=Shawn Young, VW=Victoria Watson

**Notify the instructor if you are attending for the first time and/or have health concerns.**

**Instructors, class times, and locations are subject to change.**

**NDAC will be closed Sunday, July 4<sup>th</sup>.**