

BOOMER & BEYOND CLASSES • MARCH SCHEDULE

Wellness Studio, Aerobics Studio, Pool Area

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
MORNING		Water Walking* 8:30-9		Water Walking* 8:30-9			
		Joint Effort 9-10 JG	SilverSneakers I Yoga Stretch 9:30-10:30 AB	Joint Effort 9-10 4JG, 11SS, 18SS, 25SS			
		Boomers & Beyond Yoga 10:45-11:45 SS		Boomers & Beyond Yoga 10:45-11:45 VW			
MID-DAY	Boomers & Beyond Strength 10:45-11:45 HP	SilverSneakers I Muscular Strength 10:45-11:45 2SP, 9RH, 16SP, 23RH	Boomers & Beyond Strength 10:45-11:45 HP	SilverSneakers I Muscular Strength 10:45-11:45 HP	Boomers & Beyond Strength 10:45-11:45 SP		
	Gentle Yoga 11:45-1 SL	BODYVIVE Noon-1 BK	Gentle Yoga 11:45-1 SL	BODYVIVE Noon-1 MW	Gentle Yoga 11:45-1 SL		
EVENING							

*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.