



SENIOR FITNESS CLASS SCHEDULE

Spring

CLASS	DAY	TIME	LOCATION
Zumba Gold	Monday	10:30-11:15a	Fry-Studio 1
Silver Sneakers	Monday	11:45a-12:30p	Fry-Studio 2
Active Older Adults (AOA)	Monday	11:45a-12:30p	Fry-Studio 1
Silver Splash	Tuesday	11:30-12:15p	Fry-Pool
Silver Sneakers	Wednesday	11:45a-12:30p	Fry-Studio 2
Active Older Adults (AOA) Zumba!	Wednesday	11:45a-12:30p	Fry-Studio 1
Yoga Basics	Thursday	7:00a-7:45a	Fry-Studio 1
Silver Splash	Thursday	11:30-12:15p	Fry-Pool
Silver Sneakers	Friday	11:45a-12:30p	Fry-Studio 2
Active Older Adults (AOA)	Friday	11:45a-12:30p	Fry-Studio 1

Our Senior Fitness classes are designed to help older adults live healthy, active lifestyles. Get fit, have fun, make friends!