



WINTER 2018 On-Going Fitness Classes/Indoor Fit Groups (Updated 2/2)

		Sun	Mon	Tue	Wed	Thur	Fri	Sat
7	am		7-8 ZUMBA GOLD	7-8 CARDIO STRENGTH MIX	7-8 MORNING MOVE & STRETCH	7-8 ZUMBA GOLD	7:00- 7:45 CARDIO STRENGTH MIX	
	:15 :30 :45							
8	am			8:15-9:00 CORE AND MORE	8:15-9:00 TAI CHI	8:15-9:00 CORE AND MORE	8:15-9:15 YOGA FUSION	8:00- 8:45 CORE AND MORE
	:15 :30 :45		8:30-9:15 TAI CHI					
9	am			9:15-10:15 Country line dance		9:15-10:15 Country line Dance		
	:15 :30 :45		9:30 - 10:15 BARRE CLASS	9:30-10:30 CIRCUIT TRAINING	9:30-10:15 GENTLE PILATES	9:30-10:30 CIRCUIT TRAINING		
10	am							10-2 pm PING PONG
	:15 :30 :45		10:30-11:30 Silver	10:30- 11:30 11:30	10:30-11:30 Silver	10:30-11:30	10:30-11:30 Silver	
11	am		Sneakers Classic	GENTLE YOGA	Sneakers Classic	GENTLE YOGA	Sneakers Classic	
	:15 :30 :45							
12	PM		12-1 PM YIN STYLE YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12-1 PM SLO FLO YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12:00 -1:00 RESTORATIVE YOGA	
	:15 :30 :45							
1	PM			1:15-3:15 PING PONG DOUBLES (GROUP)		1:15-3:15 PING PONG DOUBLES		
	:15 :30 :45		1:30-2:15 pm SILVER&FIT EXPERIENCE		1:30-2:15 pm SILVER&FIT EXPERIENCE		1:30-2:15 pm SILVER&FIT EXPERIENCE	
2	PM							
	:15 :30 :45							
3	PM			3:15 -4:15 PING PONG SINGLES		3:00 - 4:45 OPEN PING PONG		
	:15 :30 :45							
4	PM	4-5 TAI CHI			All Levels (GROUP)		4-5:45 FOLK DANCING	
	:15 :30 :45			4:30-5:15 pm ZUMBA GOLD		4:30-5:15 pm FULL BODY STRENGTH		
5	PM			5:30-6:30 pm RELAXATION				
	:15 :30 :45				5:45-6:30 pm			
6	PM		6 - 7:00 CLASSICAL YOGA	YOGA	6-6:45 POWER STARTS	ZUMBA GOLD	6-6:45 POWER	All of these classes meet weekly (drop in if you wish), throughout the year, unless "session" or "workshop" which mean you must pre-register.
	:15 :30 :45						6-7:30 DANCE SAMPLER	
7	PM		7:30-9:00 OPEN PING PONG All Levels (group)					
	:15 :30 :45						1-Feb 22	
8	PM							
	:15							
9	PM							
	:30		"POWER" & "Circuit" Classes are held in the Fitness Center					

FiftyNorth

Where Active Adults Gather.

WINTER 2018 On-Going Aqua Classes and Pool Activities

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6 am :15 :30 :45		6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-8:45 OPEN SWIM
7 am :15 :30 :45		7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	
8 am :15 :30 :45		8:15-9 AQUA AGELESS	8:00-9:00 AQUA YOGA	8:15-9 AQUA AGELESS	8:00-9:00 AQUA YOGA (Starting March)	8:15-9 AQUA AGELESS	
9 am :15 :30 :45	PRIVATE Pool Rental <i>9a-5:30p</i>	9:15-10 AQUA FIT 'N' TONE	9:00 to 5:15 pm OPEN SWIM	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE	9:00-9:45 PILAQUA
10 am :15 :30 :45		10:00-7:45p OPEN SWIM		10:00-7:45 pm OPEN SWIM		10:00-3:15 OPEN SWIM	10-2 pm OPEN SWIM
11 am :15 :30 :45							
12 PM :15 :30 :45							
1 PM :15 :30 :45							
2 PM :15 :30 :45							2:00-3:45 FAMILY TIME SWIM
3 PM :15 :30 :45							3:15-5 FAMILY TIME SWIM
4 PM :15 :30 :45						3:45-5:45 OPEN SWIM	
5 PM :15 :30 :45			5:30-6:30 AQUA		5:30-6:30 AQUA	5-5:45 pm OPEN SWIM	
6 PM :15 :30 :45			FITNESS FUSION 6:30-7:45 OPEN SWIM		FITNESS FUSION 6:30-6:45 OPEN SWIM		NO OPEN SWIM OR SAUNA/ WHIRLPOOL USE DURING AQUA CLASSES
7 PM :15 :30 :45					7:00-7:45 Water Volleyball (group)		