



MONDAY				TUESDAY				WEDNESDAY			
Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor
9:00 AM	RP	Water Aerobics	Liz					8:00 AM	RP	Balance and Flex	Darlene
10:00 AM	RP	Balance and Flex	Liz	9:00 AM	RP	Balance and Flex	Darlene	9:00 AM	RP	Water Aerobics	Andrea P.
4:30 PM	RP	Water Aerobics	Sue					4:30 PM	RP	Water Aerobics	Jeanne
5:30 PM	RP	Water Aerobics	Sue					5:30 PM	RP	Water Aerobics	Jeanne
Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor
1:00 PM	A	Senior Yoga	Linda L.	1:30 PM	A	Silver Sneaker Cardio	Lucille	1:30 PM	A	Line Dancing Int-Adv	Linda B.
2:15 PM	A	Line Dancing Beg.	Brenda								
THURSDAY				FRIDAY				<p style="text-align: center;"><i>SCHEDULE SUBJECT TO CHANGE AT ANYTIME</i></p>			
Time	Studio	WATER CLASSES	Instructor	Time	Studio	WATER CLASSES	Instructor				
9:00 AM	RP	Water Aerobics	Sue	8:00 AM	RP	Balance and Flex	Darlene	<p style="text-align: center;">STUDIO KEY STUDIO A Located across from Café REC POOL - RP STUDIO Y-Yoga/Mind/Body</p>			
Time	Studio	STUDIO CLASSES	Instructor	Time	Studio	STUDIO CLASSES	Instructor				
1:30 PM	A	Senior Cardio	Lisa	1:00 PM	A	Senior Yoga	Linda L.				
				2:15 PM	A	Line Dancing Int-Adv	Linda B.				

HARAHAN SENIOR GROUP FITNESS SCHEDULE