| p Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 5:30A | | Spin<br>Sonia | | Spin<br>Sonia | | |
| 9:15A | Pilates<br>Katia<br>8:45A | Water Resistance<br>Bands<br>Shawn | Pilates<br>Katia<br>8:45A | Water<br>Resistance<br>Bands<br>Shawn | Pilates<br>Katia<br>8:45A | 11/7<br>10am<br>Senior Swim<br>Shawn |
| 9:45A | Dance Fitness<br>Lois | | Dance Fitness<br>Lois | | Dance Fitness<br>Lois | |
| 10:15A | Advanced<br>Water<br>Shawn | | Water Aerobics<br>Shawn | | Water Tone Abs<br>Shawn<br>10AM | 11/14<br>9:30am<br>Pilates<br>Katia |
| | SilverSneakers Fitness Program<br>11:00A<br>Shawn | Senior Fit<br>Shawn<br>10:15A | SilverSneakers Fitness Program<br>11:00A<br>Shawn | Senior Fit<br>Shawn<br>10:15A | SilverSneakers Fitness Program<br>11:00A<br>Shawn | |
| 11:30A | Senior Swim<br>Shawn<br>12PM | Senior Swim<br>Shawn | Senior Swim<br>Shawn<br>12PM | Senior Swim<br>Shawn | Senior Swim<br>Shawn | 11/21<br>9:30<br>Dance<br>Fitness<br>Lois |
| 2:15P | Senior Fit<br>Shawn | Group<br>Orientation<br>1PM | Senior Fit<br>Shawn | | Senior Fit<br>Shawn | |
| 4:30P | Body Sculpt<br>Shawn | | | Body Sculpt<br>Shawn | Body Sculpt<br>Shawn | |
| 5:30P | Group<br>Orientation<br>5PM<br>---<br>Water<br>Shawn | | Spin<br>Shirley<br>5:15<br>---<br>Body Sculpt<br>Shawn<br>5:15 | | | 11/28<br>10am<br>Advanced Water<br>Shawn |
| 6P | Pilates<br>Katia | | | | | |

**** NOVEMBER-2026 ****