

Summer Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30-11:15: SS Shallow Splash w/ Sandy</p>	<p>8:45-9:45: SS Chair Yoga w/ Sandy</p> <p>9:30-10:30: SS Yoga w/JoAnn</p> <p>11:00-11:45: Deep water Arthritis w/ JoAnn</p> <p>12:00-12:45: Shallow water w/Steph</p>	<p>9:15-10:00: SS Classic w/JoAnn</p> <p>10:30-11:15: SS Shallow Splash w/Sandy</p> <p>11:45-12:30: Shallow Arthritis w/Sandy</p> <p>12:45-1:30: Deep water w/ Steph</p> <p>6:15-7:00: Deep water cardio w/JoAnn</p> <p>7:00-8:00: All Levels Yoga w/ Mary</p>	<p>8:45-9:45: SS Chair Yoga w/ Sandy</p> <p>9:30 – 10:30: SS Yoga w/JoAnn</p> <p>11:00 -11:45: Deep water Arthritis w/ JoAnn</p> <p>7:15-8:00: Shallow Splash w/Sandy</p>	<p>9:15-10:00: SS Classic w/JoAnn</p> <p>10:30 – 11:15: SS Shallow Splash w/Sandy</p> <p>11:45-12:30: Shallow Arthritis w/Sandy</p> <p>6:15-7:00: Deep water w/Steph</p> <p>7:00-8:00: All Levels Yoga w/ Mary</p>	<p>9:30 – 10:30: SS Yoga w/JoAnn</p> <p>11:00 -11:45: Deep water cardio w/ JoAnn</p>	<p>10:30 – 11:30: SS Yoga w/JoAnn</p> <p>10:30-11:15: Shallow Water w/ Steph</p>

SS= Silver Sneakers Class

All classes are subject to cancellation. Please contact (216) 351-5334 for more information.