

May 2019 - Gold Senior Schedule of Classes & Programs

“Start where you are. Use what you have. Do what you can.”

Arthur Ashe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 11:30 am - Tai Chi - Studio 2 12:00 pm - Arthritis Aqua - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 6A & 6B 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Aquacise - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 7 & 8	9:00 am - Senior Splash - Pool 10:15 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 12:00 pm - Arthritis Aqua - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 6A & 6B	12:30 pm - Arthritis Aqua - Pool
6	7	8	9	10	11
8:00 am - Senior Splash - Pool 9:00 am - Aquacise - Pool 10:00 am - Deep Water Mix - Pool 10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 2 11:30 am - Arthritis Aqua 1:00 pm - Gentle Yoga - Studio 2 9 am-3 pm - Open Pickleball - Tennis Courts 7 & 8 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR! - Studio 3 10:15 am - Aqua Fit Mix - Pool 11:00 am - Pickleball Skills & Drills - Court 6 11:00 am - Fit Forever - Studio 3 11:00 am - Gold Tennis - Court 1 1:00 pm - Aquacise - Pool 1:00 pm - Hatha Yoga - Studio 2 9 am-3 pm - Open Pickleball - Tennis Courts 6A & 6B Noon - Topic Tuesday - Fall Prevention - Birch Rm	9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 11:30 am - Tai Chi - Studio 2 12:00 pm - Arthritis Aqua - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 6A & 6B 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Aquacise - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 7 & 8	9:00 am - Senior Splash - Pool 10:15 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 12:00 pm - Arthritis Aqua - Pool 9 am-3 pm - Open Pickleball - Tennis Courts 6A & 6B	12:30 pm - Arthritis Aqua - Pool
13	14	15	16	17	18
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27	28	29	30	31	
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Free to members! PWR! is a research-based exercise class designed specifically for people with Parkinson's disease or movement disorders..

NEW Gold Senior limited member hours, Monday - Friday 10 am - 3 pm

Check-in is allowed no earlier than 10 am and no later than 2:30 pm

Check-out must be no later than 3 pm

*** BODYPUMP 101 is a 60 minute modified Les Mills body strength workout using a barbell and plates with weight. Designed with modifications for beginner body pump participants, with a YIN r approach to BODYPUMP.

Topic Tuesday Discussions held in the Birch conference room from 12 - 12:45. No registration needed.