

Modified Active Aging Group Fitness Schedule For Week of October 26

(Due to court resurfacing)

Please note:

All classes will be held on the Field #2

All classes will resume on the court on Monday, November 2

Monday, October 26

9:30-10:30 AM

SilverSneakers Circuit with Edwena

Tuesday, October 27

9:30-10:30 AM

SilverSneakers Classic with Chris

Wednesday, October 28

9:30-10:30 AM

Circuit with Edwena

Thursday, October 29

9:30-10:30 AM

Cardio, Stretch and Balance with Jackie

Friday, October 30

9:00-9:50 AM

Total Body Tune-Up - ADVANCED with Sue