




Interactive Senior Schedule

4/9/2021

Active Social Fitness Class

Class	Format	Day of Class	Time	Instructor
 Resistance Band Workout		Mondays	8:00 AM	Erica Wilson
 Morning Stretch & Relaxation		Mondays	9:00 AM	Erica Wilson
 Cardio Lite/Strength & Resistance		Mondays	10:00 AM	Jeannie Johnson
 Zumba Gold		Mondays	11:00 AM	Yat Ping Wong
 Strength & Resistance(LIIT)		Mondays	2:30 PM	Tristan Simpson
 Abs, Back and Chest (ABC)		Mondays	3:30 PM	Linda Grymes
 Sit Down, Get Down		Mondays	4:30 PM	Walter Smith
 Meaningful Morning Meditation		Tuesdays	7:30 AM	Angela Rice
 Cardio Lite/Strength & Resistance		Tuesdays	8:00 AM	Linda Grymes
 Yoga "Vinyasa"		Tuesdays	9:00 AM	Zarina Rana
 Cardio-Lite Interval Class		Tuesdays	10:00 AM	Tristan Simpson
 Strength & Resistance(LIIT)		Tuesdays	11:00 AM	Tristan Simpson
 Basic Training 4 Your Body		Tuesdays	12:00 PM	William Yates
 Strength & Resistance(LIIT)		Tuesdays	2:30 PM	Tristan Simpson
 Cardio-Lite Interval Class		Tuesdays	3:30 PM	Tristan Simpson
 Resistance Band Workout		Wednesdays	8:00 AM	Erica Wilson
 Zumba Gold		Wednesdays	9:00 AM	Yat Ping Wong
 Cardio Lite/Strength & Resistance		Wednesdays	10:00 AM	Jeannie Johnson
 Sit Down, Get Down		Wednesdays	11:00 AM	Walter Smith
 Strength & Resistance(LIIT)		Wednesdays	2:30 PM	Tristan Simpson
 I Need My Knees		Wednesdays	3:30 PM	Linda Grymes
 Strength & Resistance		Wednesdays	4:30 PM	Walter Smith
 Meaningful Morning Meditation		Thursdays	7:30 AM	Angela Rice
 Cardio Lite/Strength & Resistance		Thursdays	8:00 AM	Linda Grymes
 Zumba Gold		Thursdays	9:00 AM	Walter Smith
 Pilates Core & More 4 Seniors		Thursdays	10:00 AM	Yat Ping Wong

 Strength & Resistance(LIIT)	Thursdays	11:00 AM	Tristan Simpson
 Basic Training 4 Your Body	Thursdays	12:00 PM	William Yates
 Strength & Resistance(LIIT)	Thursdays	2:30 PM	Tristan Simpson
 Resistance Band Workout	Fridays	8:00 AM	Erica Wilson
 Morning Stretch & Relaxation	Fridays	9:00 AM	Erica Wilson
 Strength & Resistance(LIIT)	Fridays	10:00 AM	Tristan Simpson
 Strength & Resistance	Fridays	11:00 AM	Walter Smith
 Strength & Resistance(LIIT)	Fridays	2:30 PM	Tristan Simpson
 Senior BootCamp	Fridays	4:30 PM	Walter Smith
 Sit Down, Get Down	Saturdays	8:00 AM	Walter Smith
 Total Body Fitness	Saturdays	10:00 AM	Walter Smith