



# FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER











PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

# Interactive Senior Schedule

5/17/2021

## 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	
 Let's have a Ball	Saturdays	11:00 AM	Walter Smith	
 Basic Training 4 Your Body	Saturdays	12:00 PM	William Yates	