



## ACTIVE AGING SCHEDULE

| Time                       | Monday                                 | Tuesday                         | Wednesday                       | Thursday                                    | Friday                                 |
|----------------------------|--|---------------------------------|---------------------------------|---|--|
| 1:00 –<br>2:00pm<br>(Pool) | Aquafit<br>Intervals<br>(SE)           | Aquafit<br>Fundamentals<br>(SE) | Aquafit<br>Intervals<br>(SE/DE) | Aquafit<br>Fundamentals<br>(SE)             | Aquafit<br>Intervals<br>(SE/DE)        |
| 2:30 –<br>3:30pm           | Weight<br>Training<br>(weight<br>room) | Yoga<br>(Taekwondo<br>room)     | SHAPE<br>(conference<br>room)   | Beginner<br>Pilates<br>(conference<br>room) | Weight<br>Training<br>(weight<br>room) |