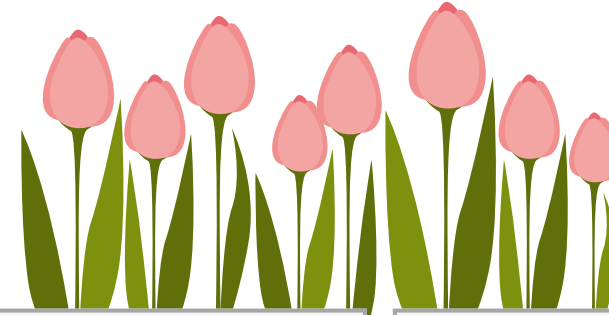


May CALENDAR



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

11-12PM- SILVER SNEAKERS BOOM MUSCLE

12:15-1PM- CHAIR YOGA

10-12PM- OPEN SWIM



12:30-1:30PM- SILVER SNEAKERS SPLASH

9-11AM- OPEN SWIM

9:30-10:30AM- FOUR PONG

10:45-11:45AM- SILVER SNEAKERS CIRCUIT

11:15-12PM- MELT

12-1PM- AQUA PIYO CHI

1-2PM- TAI CHI

2-4PM- OPEN SWIM

10-12PM- OPEN SWIM

10:30-12:30PM- WALKING CLUB

12:15-1:15PM- H2O FIT

1-1:45PM SILVER SNEAKERS BALANCE-BEGINNER

9-11AM- OPEN SWIM

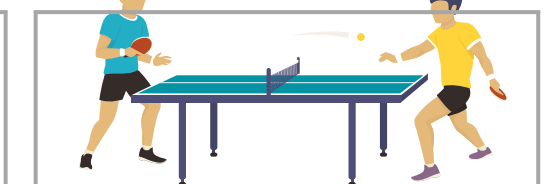
9:30-10:30AM- FOUR PONG

10:45-11:45AM- SILVER SNEAKER CLASSIC

12-1PM WATER WALKIN' & BALANCE

1:30-3:30PM- OPEN SWIM

2-3PM- NIA MOVE TO HEAL



10-11AM- PING PONG

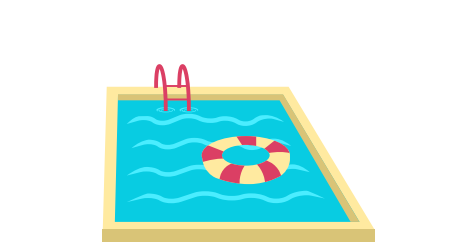
10-12PM- OPEN SWIM

11-12PM CHAIR YOGA

11:30-12:15PM- MELT

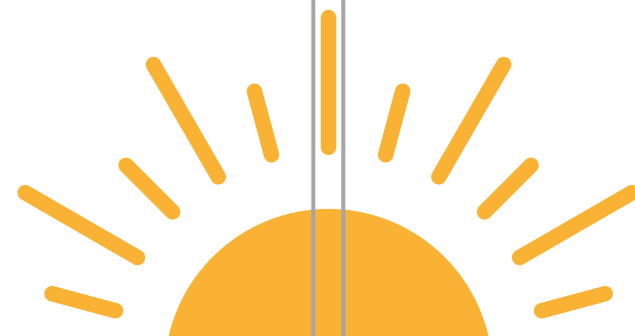
1-1:45PM- SILVER SNEAKERS BALANCE-ADVANCED

9:30-10:30AM- ZUMBA



1-3PM- OPEN SWIM

2-3PM- CORN HOLE



Descriptions of Classes

Aqua PiYo Chi- All Levels (Ellen): Using the natural resistance of water, this class intertwines Yoga poses, Pilates and movements of Tai Chi. All facilitating movement, range of motion and correct postural alignment with support from the water.

Chair Yoga- All Levels (Jen): *Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of poses, seated and standing. Designed to increase flexibility, balance and range of motion.*

Cornhole- All Levels: Come play this traditional lawn game in which players or teams take turns throwing bean bags at a raised angled board with a hole at the far end. Bags in the hole = 3 points. Bags on the board = 1 point. Points can cancel each other. First to 21 wins.

Four Pong- Advanced: *A fast-paced group game is a combination of Four Square and Pickleball. Using a soft playground ball, you hit the ball over the net to the opponent's court.*

Golden Beats- All Levels (Noreen): Designed for sitting or standing. Rhythmic drumming fitness incorporating brain and body wellness.

H2O Fit- All Levels (Danielle): *Dive into this full body workout utilizing equipment for muscular strength, core conditioning and cardio endurance.*

Nia Move to Heal- All Levels (Diane): Movement is medicine. anybody seeking a gentler movement practice to compliment and facilitate healing of body, mind, emotions, and spirit.

Silver Sneakers Boom Muscle- All Levels (Jen): *Unique blend of cardio and strength training. Sports like inspired moves.*

Silver Sneakers Circuit- All Levels (Danielle): Standing and low impact choreography alternating with standing upper back exercises.

Silver Sneakers Classic- All Levels (Danielle): *Increase strength, range of motion, and activities for daily living.*

Silver Sneakers Splash- All Levels (Danielle): Shallow water exercises utilizing a splash board to increase strength and endurance. Build for all swimmers.

Balance- All Levels (Joelle): *This class is designed to decrease your fall risk by strengthening the ankle, knee and hip joints. This class uses a chair along with various other training tools testing cognitive strength as well.*

Water Walking & Balance- All Levels (Ellen): Very basic and low leveled, light intensity workouts using natural resistance from the water to strengthen core, while increasing balance, coordination and flexibility.

MELT - All Levels (Joelle): *Using various sized balls along with different densities, MELT aims to calm the mind, tap into your nervous system and to restore the supportive qualities of the connective tissue system.*

Zumba- All Levels (Concetta): A fun element of balance that incorporates rhythmic movements, fluid and easy on the joints.