

Senior Exercise Schedule

Updated: 4/1/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*9am-3pm Fit After 50 Schedule appt. w/Garrett</p> <p>9:15 Classic Cardio 45min w/Kristen (YR)</p> <p>9:30 Senior Aquatics 60min w/Nancy A. (TP)</p> <p>10:00 Chair Yoga 55min w/Nancy W. (YR)</p> <p>11:00 Gentle Yoga 55min w/Ameara (YR)</p> <p>11:00 Sit-N-Be Fit 45min w/Nancy (GX)</p> <p>4:00 Restorative Yoga 75min w/Cynthia (YR)</p>	<p>9:05 Classic Sculpt 50min w/Lea (YR)</p> <p>9:30 Senior Water Walking 60min w/Nancy A. (TP)</p> <p>10:00 Gentle Yoga 55min w/Nancy W. (YR)</p> <p>11 – 11:30 Meditation w/ 11:30-12:00 option 30min w/Marc (YR)</p> <p>11:00 Sit-N-Be Fit 45min w/Amy S. (GX)</p> <p>*11:00 Aqua FIT 60min w/Garrett (TP)</p>	<p>6:00 Gentle Yoga 55min w/Amy A. (YR)</p> <p>*9am-3pm Fit After 50 Schedule appt. w/Garrett</p> <p>9:15 Classic Cardio 45min w/Amy S. (YR)</p> <p>9:30 Senior Aquatics 60min w/Hazel (TP)</p> <p>10:00 Chair Yoga 55min w/Cynthia (YR)</p> <p>11:00 Gentle Yoga 55min w/Tom (YR)</p> <p>11:00 Sit-N-Be Fit 45min w/Annette. (GX)</p>	<p>9:05 Classic Sculpt 50min w/Nancy A. (YR)</p> <p>9:30 Senior Water Walking 60min w/Hazel (TP)</p> <p>10:00 Gentle Yoga 55min w/Nancy W. (YR)</p> <p>10:30 Basic Pilates 30min w/Nancy A. (GX)</p> <p>11:00 Meditation 30min w/Nancy (YR)</p> <p>11:00 Sit-N-Be Fit 45min w/Kristen (GX)</p> <p>*11:00 Aqua FIT 60min w/Garrett (TP)</p> <p>7:00 Tai Chi for beginners 60min w/Julie (YR)</p>	<p>*9am-3pm Fit After 50 Schedule appt. w/Garrett</p> <p>9:15 Classic Sculpt 45min w/Annette (YR)</p> <p>9:30 Senior Aquatics 60min w/Hazel (TP)</p> <p>10:00 Gentle Yoga 55min w/Nancy W. (YR)</p> <p>11:00 Restorative Yoga 55min w/Cynthia (YR)</p> <p>6:30 Dance 60min w/ Gloria</p>	<p>9:00 Gentle Yoga 55min w/Nancy W. (YR)</p>
					<h2>Sunday</h2>
					<p>9:00 Meditation 55min w/Marc(YR)</p> <p>*10:00 Tai Chi Chaun Series 60min w/Julie (GX)</p> <p>4:00 Gentle Yoga 55min w/Amaera (YR)</p>

Schedule Key
 * = Additional Fee
 Fit = Fitness Floor
 GX = Group Exercise Rm.
 TP = Therapy Pool
 YR = Yoga Room

Although these classes are considered gentle, members and guests should always consult with their physician prior to starting any new exercise program. Additional schedules are available for general populations at our information center located near the front desk or check out our website at www.chicosportsclub.com.