Group X Schedule (Class descriptions on back) (highlighted areas are classes geared toward active older adults)

	Monday		Tuesday		Wednesday		Thursday		Friday	
	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER	CLASS	TEACHER
6:00	Shock(5:45-6:15)	Mindi			Shock(5:45-6:15)	Renae			Shock(5:45-6:15)	Both
7:00	Aquacize (7:45-8:45)	Sue			Aquacize (7:45-8:45)	Sue			Aquacize (7:45-8:45)	Sue
8:00	HyrdoFit (8:45-9:45)	Doreen			HyrdoFit (8:45-9:45)	Doreen			HyrdoFit (8:45-9:45)	Doreen
8:30			Silver Sneakers: (8:30-9:00)	Thomas			Silver Sneakers: (8:30-9:00)	Thomas		
10:00	Silver Sneakers: (10-10:45)	Thomas			Silver Sneakers: (10-10:45)	Thomas			Silver Sneakers: (10-10:45)	Thomas
11:00										
12:00	Shock	Adam	Shock	Adam	Shock	Adam	Shock	Adam	Shock	Adam
1:00										
2:00										
3:00										
4:00										
5:00			Core (5:30-6:00)	Roxi						