

MAY 2024 Silver Sneakers

MONDAY

CIRCUIT, Mo 9:00-9:45 AM
CIRCUIT, Cindy 10:00-10:45 AM

TUESDAY

CHAIR YOGA, Ann 9:00-9:45 AM
CHAIR YOGA, Ann 10:00-10:45 AM
CHAIR YOGA, Ann 11:00-11:45 AM
REC - SPLASH, Jessica 10:00-11:00 AM
ENERCHI, Mary 1:00-1:45 PM
ENERCHI, Mary 2:00-2:45 PM

WEDNESDAY

CIRCUIT, Mo 9:30-10:15 AM
CIRCUIT, Cindy 10:30-11:15 AM

THURSDAY

REC - SPLASH, Cindy 10:00-10:45 AM
ENERCHI, Mary 1:00-1:45 PM
ENERCHI, Mary 2:00-2:45 PM

FRIDAY

BOOM MOVE, Cindy 9:00-9:45 AM
CIRCUIT, Cindy 10:00-10:45 AM

No classes on Monday, May 27th

All Silver Sneakers classes are held within the Senior Center except Silver Splash.