

# FITNESS SCHEDULE

PrimeLife Enrichment Center

## PLE FITNESS PROGRAMS ARE DESIGNED FOR YOU

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	Intermediate Aquatic Aerobics w/ Jerri		Intermediate Aquatic Aerobics w/ Jerri		
9:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program	Getting Your Feet Wet w/ Betsy	Open Pool	Getting Your Feet Wet w/ Patsy
1:30 pm	Aquatic Ai Chi w/ Betsy		Aquatic Ai Chi w/ Betsy		
3:15 pm			Open Pool		

\*All Aquatics classes require preregistration. Non-registered members may attend classes if there are cancellations and should call the day of the class for availability. Preregistered members, please see your weekly emails to sign-in.

### LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						<b>SATURDAY</b>
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	Strength and Conditioning w/ Cheryl or Resilience for the ages	8:45 am Zumba w/ Alicia
10:00 am	Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Got Balance w/ Cheryl Strength & Flexibility w/ Cindy		Strength & Flexibility w/ Cindy	9:30 am Pound w/ Sandy
11:00 am	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	<b>SUNDAY</b>
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		Sunday Class will resume November 7
5:30 pm			Dance Fusion w/ Rachel	Shine w/ Sandy		NOTE: All land classes are streamed live for replay so you may take them later. Classes remain online for streaming approximately 1-2 weeks.
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy	6:45 Line Dancing August 5 through Sept 9 \$48 members; \$60 non-members		

\*\*All land classes in person unless noted otherwise. Members see weekly sign-in emails for links.