

SENIORS DAY

Saturday, August 29th
9:00am - 11:30am

TIME	EVENT
9:00-9:30am	Coffee & Mingle
9:30-10:00am	Weight Room Orientation
9:30-10:00am	Aqua Attack
10:00-10:25am	Gentle Fit
10:00-10:25am	Better Boomers
10:00-10:25am	Aqua for Arthritis
10:30-10:55am	Chair Yoga
10:30-10:55am	Pilates for the Pelvic Floor
10:30-10:55am	Seniors on Strength (SOS)
10:30-10:55am	Bone Builders
11:00-11:25am	Weight Room Orientation
11:00-11:25am	Lift +65