

## Group Exercise Schedule (12/14/22)

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| <p><u>Monday</u></p> <p>9:00-9:40 FC 1, 2&amp;3-S&amp;B C</p> <p>10:00-10:50 FC 1,2&amp;3-S&amp;B D</p> <p>11:00-11:50 FC 1,2-3-Fit to Move</p> <p>1:30 -2:00 FC 1,2&amp;3-S&amp;B B</p> <p>2:30-3:15 Pool Water Walking</p> <p>3:00- 3:30 WC Moving &amp; Grooving</p> | <p><u>Tuesday</u></p> <p>9:00-9:30 FC 1,2&amp;3 Dance Aerobics</p> <p>10:00-10:45 Pool Aqua Aerobic Fitness</p> <p>10:45-11:30 FC1,2&amp;3 Chair Yoga B</p> <p>1:30-2:00 FC 1 Tai Chi</p> <p>2:00-2:30 HC dining room Moving &amp; Grooving</p>  | <p>Wednesday</p> <p>9:00-9:40 FC 1, 2&amp;3-S&amp;B C</p> <p>10:00-10:50 FC 1,2&amp;3-S&amp;B D</p> <p>11:00-11:50 FC 1,2-3-Fit to Move</p> <p>1:30 -2:00 FC 1,2&amp;3-S&amp;B B</p> <p>2:30-3:15 Pool Water Walking</p> <p>3:00- 3:30 WC Moving &amp; Grooving</p>  |
| <p><u>Thursday</u></p> <p>10:00-10:45 Pool Aqua Aerobic Fitness</p> <p>10:45-11:30 FC1,2&amp;3 Chair Yoga B</p> <p>2:00-2:30 HC dining room Moving &amp; Grooving</p> <p>1:30-2:00 FC 1 Tai Chi</p> <p>2:00- Shuffleboard</p>   | <p>Friday</p> <p>9:00-9:40 FC 1, 2&amp;3-S&amp;B C</p> <p>10:00-10:50 FC 1,2&amp;3-S&amp;B D</p> <p>11:00-11:50 FC 1,2-3-Fit to Move</p> <p>1:30 -2:00 FC 1,2&amp;3-S&amp;B B</p> <p>2:30-3:15 Pool Water Walking</p> <p>2:30- Cornhole</p> <p>3:00- 3:30 WC Moving &amp; Grooving</p> | <p><b><u>S&amp;B C:</u></b> 26 participant limit 6 feet apart<br/><b><u>S&amp;B D:</u></b> 15 participant limit 6 feet apart<br/><b><u>Fit to move:</u></b> 26 participant limit 6 feet apart<br/><b><u>S&amp;B B:</u></b> 26 participant limit 6 feet apart<br/><b><u>Water Walking:</u></b> 10 participant limit 6 feet apart</p> <p><b><u>Dance Aerobics:</u></b> 15 participant limit 6 feet apart<br/><b><u>Aqua Aerobic Fitness:</u></b> 10 participant limit 6 feet apart</p> <p><b><u>Tai Chi:</u></b> 15 participants limit 6 feet apart<br/><b><u>Chair Yoga:</u></b> 26 participant limit 6 feet apart</p> <p>If we reach those limits, we will look at adjusting to support those numbers, where possible.</p> <p>For any questions, please call Jonathan Smith (804) 438-4290</p> |