

Young at Heart Schedule

Monday: 8:45 am Water Aerobics
10:30 am Basic Stretch
12:30 pm Water Arthritis Class

Tuesday: 9:00 am Gentle Water Aerobics
10:30 am Yoga
6:30 pm Water Aerobics

Wednesday: 8:00 am Abs, Backs and Balance
8:30 am Dance Exercise
8:45 am Water Aerobics
10:30 am Basic Stretch

Thursday: 9:00 am Gentle Water Aerobics
6:30 pm Water Aerobics

Friday: 8:00 am Zumba Gold
8:45 am Water Aerobics
10:30 am Basic Stretch
12:30 pm Water Arthritis Class

Saturday: 9:30 am Pilates
9:30 am Water Aerobics