

October 2021

NEW WELLNESS CENTER CLASS SCHEDULE

303-400-2294

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am				XXXXXXXX	
8:00 am					
9:00	Tai Chi with Jackie		Tai Chi with Jackie		
9:30 am	Aqua Strength- Karmen \$5			Core Balance Karmen \$5	
10:00	Silver Sneaker Classic-Cindy	Aqua Small Group Personal Training \$10	Silver Sneaker Classic-Cindy		
10:45am			Free Balance Assessment 9-15	Aqua Strength- Karmen \$5	
11:00 am	Core Balance- Karmen \$5			Yoga –Angela \$5	
12:00 noon					Aqua Dance- Marla \$5
1:00 pm		Small Group Personal Training \$10	Open Swim	Small Group Personal Training \$10	
2:00 pm					
3:30 pm	Open till 6pm	Closed	3:30-5:00 \$5 Aqua Volleyball	Closed	Closed
Open till 6					

**Fall Prevention Boot Camp October 11 – 14 2pm to 3pm
\$20 per person for the entire week**