

November 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		Turkey Trot Dance Party November 22 10:00-11:00
10:45am				Aqua Strength- Karmen \$5	
11:00 am	Core Balance- Karmen \$5	Yoga – Angela -\$5	Strength Training \$20 / for month	Yoga –Angela \$5	
12:00 noon					
1:00 pm		Small Group Personal Training \$10		Small Group Personal Training \$10	
2:00 pm					
3:00 pm		Gym open 5:00- 7:00 pm	3:30-5:00 \$5 Aqua Volleyball	Closed	Closed

**Strength Training November 3,10,17, and 24 11am to 12:15 pm
\$20 per person for 4 sessions**