



# HEALTHY LIVING GROUP CLASS SCHEDULE AOA & AQUATICS

**FALL**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8am</b>	<b>SilverSneaker Circuit</b> Isabel (MP)	<b>Water Walking</b> Margie (Pool)	<b>Enhanced Fitness</b> Patricia (MP)		<b>Zumba Gold</b> Patricia (MP)	
	<b>SilverSneaker Classic</b> Meredith (MP)	<b>Zumba Gold</b> Amparo (A)	<b>SilverSneaker Classic</b> Patricia (MP)	<b>Enhanced Fitness</b> Lucia (MP)	<b>Silver Circuit</b> Patricia (MP)	
<b>9am</b>	<b>Aqua Power</b> Packy (P)		<b>Aqua Power</b> Packy (P)	<b>Aqua Power</b> Packy (P)	<b>Aqua Power</b> Packy (P)	
	<b>Chair Yoga</b> Isabel (MP)	<b>SilverSneaker Circuit</b> Meredith (MP)	<b>Chair Yoga</b> Gitte (MP)	<b>Tai Chi</b> Marion (GYM)	<b>SilverSneaker Classic</b> Isabel (MP)	<b>In Too Deep</b> Anna (P)
<b>10am</b>	<b>Aqua Power</b> Packy (P)		<b>Aqua Power</b> Packy (P)			
	<b>SilverSneaker Circuit</b> Melissa (MP)	<b>Tai Chi</b> Marion (GYM)	<b>Silver Circuit</b> Melissa (GYM)	<b>SilverSneaker Circuit</b> Melissa (MP)	<b>Chair Yoga</b> Isabel (MP)	
<b>11am</b>		<b>In Too Deep</b> Anna (P)		<b>In Too Deep</b> Anna (P)		<b>Updated</b> 8/19/19

**(MP)** Multi-Purpose Room

**(A)** Aerobics Studio

**(P)** Pool

**Weston YMCA Family Center**  
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