



Senior Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING					
9:00am SPLASH w/ Rene' (Pool)	8:30am SPLASH w/ Ru (Pool)	9:00am SPLASH w/ Rene' (Pool)	8:30am SPLASH w/ Ru (Pool)	9:00am SPLASH w/ Rene' (Pool)	
10:30am CLASSIC w/ Rene' (GF Room)	10:30am BOOM MOVE w/ Ru (GF Room)	10:30am STABILITY w/ Rene' (GF Room)	10:30am BOOM MOVE w/ Ru (GF Room)	10:30am CLASSIC w/ Rene' (GF Room)	
11:30am Fit & Fun/Walk w/ Rene' (Pool)	11:30am BOOM MUSCLE w/ Rene' (GF Room)	11:30am Fit & Fun/Walk w/ Rene' (Pool)	11:30am BOOM MUSCLE w/ Rene' (GF Room)	11:30am Fit & Fun/Walk w/ Rene' (Pool)	
	12:00pm BOOM MIND w/ Rene' (GF Room)		12:00pm BOOM MIND w/ Rene' (GF Room)		