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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td></td>
<td>Studio 1</td>
<td>Studio 2</td>
<td>Gym</td>
<td>Main Pool</td>
<td>Studio 1</td>
<td>Studio 2</td>
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**Key**

- Studio 1
- Studio 2
- Gym
- Main Pool

**Class Descriptions**

**Silver Aerobics 60+**
- Tailored lower body workout for all ages
- Incorporates interval training
- Low impact / fun / all inclusive.
- Includes step, kick, column, and arm work.
- Great for people of all ages and fitness levels.

**Silver Pilates 60+**
- This class is designed for those 60+
- A complete Pilates workout that builds flexibility and strength
- Incorporates chair and floorwork

**Silver Zumba® Gold™**
- Takes the Zumba® experience to the Gold
- 45 min of action-packed fun

**Silver Zumba®**
- Takes the Zumba® experience to the Silver
- 45 min of action-packed fun

**Zumba®**
- A fun and invigorating all over body workout
- Incorporates Latin and American dance
- Great for people of all ages and fitness levels.

**Yoga**
- Provides a gentle and relaxing workout
- Effective for those new or returning to exercise
- Focuses on slow and measured movement

**Silver Tai Chi 60+ Beginners**
- A short fun session
- Designed for beginners
- Helps to improve balance

**Silver Tai Chi 60+ Intermediate**
- A short fun session
- Designed for intermediates
- Helps to improve balance

**Silver Tai Chi 60+ Advanced**
- A short fun session
- Designed for advanced
- Helps to improve balance

**Silver Tai Chi 60+**
- A short fun session
- Designed for all levels
- Helps to improve balance

**Silver Yoga 60+**
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