



LAND EXERCISE CLASS SCHEDULE

MONDAY:	8:30am Let's Dance Instructor: Mona	6:30pm Yoga Instructor: Timothy
TUESDAY:	9:30 a.m. Yoga Instructor: Julia	
WEDNESDAY:	8:30 a.m. Let's Dance Instructor: Mona	6:30 p.m. Yoga Instructor: Timothy
THURSDAY:	9:30 a.m. Yoga Instructor: Julia	

To participate in the Land Classes YOU MUST be enrolled in the following programs: Water Aerobics, Aquatic Wellness, Lap Swim and/or Gym.

CLASS DESCRIPTIONS:

Let's Dance – A low impact choreographed cardio dance class geared for those over 40. The music is from various genres with easy-to-follow moves. Athletic shoes and water are recommended.

Yoga – This class combines both flowing and static yoga poses with deep breathing to help participants improve their balance, strength, flexibility and mental focus. This is a great way to help relieve stress as well as improve your fitness level. No prior experience is needed and all fitness levels are welcome.

Program Director: Tammy McAlister

Assistant Director: Stacey Fivecoat