CLASS SCHEDULE

*Class Policy: Minimum class size must be three (3) participants by start of class or it will be not be held.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am	8:30-9:15am	9:30-10:15am	8:00-8:45am	8:30-9:15am
Deep Aquacise	Cardio Toning	Movement For	Deep Aquacise	Cardio Toning
Location: Lap	Location: Studio	All	Location: Lap Pool	Location: Studio
Pool	Instructor: Logan	Location: Studio	Instructor: Joan	Instructor: Logan
Instructor: Logan	COMMUNITY	Instructor: Logan	COMMUNITY &	COMMUNITY
COMMUNITY &		RESIDENTS	RESIDENTS	
RESIDENTS				
9:30-10:15am	9:30-10:15am	11:00-11:45am	9:30-10:15am	9:30-10:15am
Movement For	Movement For	Balance & Stretch	Movement For	Mix it Up
All	All	Location: Studio	All	(Circuits and Mat)
Location: Studio	Location: Studio	Instructor: Joan	Location: Studio	Location: Studio
Instructor: Emily	Instructor: Joan	RESIDENTS	Instructor: Joan	Instructor: Emily
RESIDENTS	RESIDENTS		RESIDENTS	RESIDENTS
11:00-11:45am	11:00-11:45am	1:00-1:45pm	10:00-10:45am	10:30-11:15am
Balance Class	Balance	Shallow Aquacise	Aqua Movement	Balance
Location: Studio	Location: Studio	Location: Lap Pool	Location: WW Pool	Location: Studio
Instructor: Logan	Instructor: Emily	Instructor: Emily	Instructor: Emily	Instructor: Logan
RESIDENTS	COMMUNITY	COMMUNITY &	COMMUNITY &	RESIDENTS
		RESIDENTS	RESIDENTS	
2:00-2:45pm	11:00-11:45am		11:00-11:45am	
WW Aquacise	Arthritis		Movement For All	12:00-12:45pm
Location: WW	Location: WW Pool		(seated)	Gentle Yoga
Pool	Instructor: Logan		Location: Studio	Location: Studio
Instructor: Joan	COMMUNITY &		Instructor: Joan	Instructor: Guta
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	12:00-12:45pm			1:00-1:45pm
	Chair Yoga			Aquacise
	Location: Studio			Location: WW Pool
	Instructor: Guta			Instructor: Joan
	COMMUNITY &			COMMUNITY &
	RESIDENTS			RESIDENTS

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