


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 Deep Aquacise Location: Lap Pool Instructor: Logan COMMUNITY & RESIDENTS	8:30-9:15am Cardio Toning Location: Studio Instructor: Logan COMMUNITY	9:30-10:15am Movement For All Location: Studio Instructor: Logan RESIDENTS	8:15-8:45am TRX Location: Studio Instructor: Logan COMMUNITY <i>*Sign up Required</i>	8:30-9:15am Cardio Toning Location: Studio Instructor: Logan COMMUNITY
9:30-10:15am Movement For All Location: Studio Instructor: Emily RESIDENTS	9:30-10:15am Movement For All Location: Studio Instructor: Joan RESIDENTS	11:00-11:45am Balance & Stretch Location: Studio Instructor: Joan RESIDENTS	8:50-9:20am TRX Location: Studio Instructor: Logan RESIDENTS <i>*Sign up Required</i>	9:30-10:15am Mix it Up (Circuits and Mat) Location: Studio Instructor: Emily RESIDENTS
11:00-11:45am Balance Class Location: Studio Instructor: Logan RESIDENTS	11:00-11:45am Balance Location: Studio Instructor: Emily COMMUNITY	1:00-1:45pm Shallow/Deep Aquacise Location: Lap Pool Instructor: Emily COMMUNITY & RESIDENTS	9:30-10:15am Movement For All Location: Studio Instructor: Joan RESIDENTS	10:30-11:15am Balance Location: Studio Instructor: Logan RESIDENTS
2:00-2:45pm WW Aquacise Location: WW Pool Instructor: Joan COMMUNITY & RESIDENTS	11:00-11:45am Arthritis Location: WW Pool Instructor: Logan COMMUNITY & RESIDENTS		10:00-10:45am Aqua Movement Location: WW Pool Instructor: Emily COMMUNITY & RESIDENTS	12:00-12:45pm Gentle Yoga Location: Studio Instructor: Guta COMMUNITY & RESIDENTS
	12:00-12:45pm Chair Yoga Location: Studio Instructor: Guta COMMUNITY & RESIDENTS		11:00-11:45am Movement For All (seated) Location: Studio Instructor: Joan RESIDENTS	1:00-1:45pm Aquacise Location: WW Pool Instructor: Joan COMMUNITY & RESIDENTS

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Hours: Monday - Friday: 5 am-9 pm, Saturday and Sunday: 6 am-9 pm