



Fitness First

MONDAYS

9:00 am	Standing Cardio
9:30 am	Range of Motion/Balance
9:45 am	Weights
10:15 am	Seated Cardio
10:45 am	Water Aerobics
1:00 pm	Balance Class

TUESDAYS

8:00 am	Walking Club
9:00 am	Pool Volleyball
9:00-11:30 am	Fitness Orientations (Schedule with Jeff)
9:00 am	Yoga Stretch
10:45 am	Water Aerobics
3:00 pm	Line Dancing

WEDNESDAYS

9:00 am	Standing Cardio
9:30 am	Range of Motion/Balance
9:45 am	Weights
10:15 am	Seated Cardio

THURSDAYS

9:00-11:30 am	Fitness Orientations (Schedule with Jeff)
9:00 am	Yoga Stretch
9:00 am	Pool Volleyball
10:45 am	Water Aerobics
1:00 pm	Balance Class

FRIDAYS

9:00 am	Standing Cardio
9:30 am	Range of Motion/Balance
9:45 am	Weights
10:15 am	Seated Cardio

SATURDAYS

9:00 am	Pool Volleyball
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**To schedule a fitness orientation contact Jeff Simmons, Fitness Coach.
JSimmons@ConvivialLife.org
941-408-2045**