

February 2019 - Gold Senior Schedule of Classes & Programs

“You are never too old to set another goal or to dream a new dream.”

C.S. Lewis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
				10:00 am - Aqua Fit Mix - Pool	12:30 pm - Arthritis Aqua - Pool
				10:15 am - Zumba Gold Tone - Studio 3	4-7 pm - Open Pickleball - Tennis Courts 7-10
				11:00 am - Aqua Yoga/Pilates - Pool	
				11:15 am - Body Pump 101 - Studio 1	
				12:00 pm - Arthritis Aqua - Pool	
4	5	6	7	8	9
8:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
9:00 am - Aquacise - Pool	10:00 am - PWR! - Aux Gym	10:15 am - Zumba Gold Toning - Studio 3	10:00 am - PWR Cycling! - Studio 3	10:00 am - Aqua Fit Mix - Pool	12:30 pm - Arthritis Aqua - Pool
10:30 am - Zumba Gold w Wts. - Studio 3	10:00 am - Aqua Fit Mix - Pool	10:30 am - Body Pump 101 - Studio 1	10:00 am - Deep Water Mix - Pool	10:15 am - Zumba Gold Tone - Studio 3	4-7 pm - Open Pickleball - Tennis Courts 7-10
11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:00 am - Aqua Yoga/Pilates - Pool	
11:30 am - Arthritis Aqua	11:00 am - Gold Tennis - Court 1	12:00 pm - Arthritis Aqua - Pool	11:30 am - Mat Pilates - Studio 2	11:15 am - Body Pump 101 - Studio 1	
12-3 pm - Open Pickleball - Tennis Courts 8&9	11:30 am - Mat Pilates - Studio 2	1:00 pm - YIN Yoga - Studio 2	12:00 pm - Arthritis Aqua - Pool	12:00 pm - Arthritis Aqua - Pool	
1:00 pm - Hatha Yoga - Studio 2	1:00 pm - Aquacise - Pool	6:00 pm - Tabata - Pool	12-3 pm - Pickleball - Tennis Courts 8&9		
5:00 pm - Arthritis Aqua - Pool	1:00 pm - Gentle Yoga - Studio 2	5:00 pm - Arthritis Aqua - Pool	1:00 pm - Aquacise - Pool		
		7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		
11	12	13	14	15	16
8:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
9:00 am - Aquacise - Pool	10:00 am - PWR! - Aux Gym	10:15 am - Zumba Gold Toning - Studio 3	10:00 am - PWR Cycling! - Studio 3	10:00 am - Aqua Fit Mix - Pool	12:30 pm - Arthritis Aqua - Pool
10:30 am - Zumba Gold w Wts. - Studio 3	10:00 am - Aqua Fit Mix - Pool	10:30 am - Body Pump 101 - Studio 1	10:00 am - Deep Water Mix - Pool	10:15 am - Zumba Gold Tone - Studio 3	4-7 pm - Open Pickleball - Tennis Courts 7-10
11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:00 am - Aqua Yoga/Pilates - Pool	
11:30 am - Arthritis Aqua	11:00 am - Gold Tennis - Court 1	12:00 pm - Arthritis Aqua - Pool	11:30 am - Mat Pilates - Studio 2	11:15 am - Body Pump 101 - Studio 1	
12-3 pm - Open Pickleball - Tennis Courts 8&9	11:30 am - Mat Pilates - Studio 2	1:00 pm - YIN Yoga - Studio 2	12:00 pm - Arthritis Aqua - Pool	12:00 pm - Arthritis Aqua - Pool	
1:00 pm - Hatha Yoga - Studio 2	1:00 pm - Aquacise - Pool	6:00 pm - Tabata - Pool	12-3 pm - Pickleball - Tennis Courts 8&9		
5:00 pm - Arthritis Aqua - Pool	1:00 pm - Gentle Yoga - Studio 2	5:00 pm - Arthritis Aqua - Pool	1:00 pm - Aquacise - Pool		
	Topic Tuesday - Power of Positive Thinking	7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		
18	19	20	21	22	23
8:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
9:00 am - Aquacise - Pool	10:00 am - PWR! - Aux Gym	10:15 am - Zumba Gold Toning - Studio 3	10:00 am - PWR Cycling! - Studio 3	10:00 am - Aqua Fit Mix - Pool	12:30 pm - Arthritis Aqua - Pool
10:30 am - Zumba Gold w Wts. - Studio 3	10:00 am - Aqua Fit Mix - Pool	10:30 am - Body Pump 101 - Studio 1	10:00 am - Deep Water Mix - Pool	10:15 am - Zumba Gold Tone - Studio 3	4-7 pm - Open Pickleball - Tennis Courts 7-10
11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:00 am - Aqua Yoga/Pilates - Pool	
11:30 am - Arthritis Aqua	11:00 am - Gold Tennis - Court 1	12:00 pm - Arthritis Aqua - Pool	11:30 am - Mat Pilates - Studio 2	11:15 am - Body Pump 101 - Studio 1	
12-3 pm - Open Pickleball - Tennis Courts 8&9	11:30 am - Mat Pilates - Studio 2	1:00 pm - YIN Yoga - Studio 2	12:00 pm - Arthritis Aqua - Pool	12:00 pm - Arthritis Aqua - Pool	
1:00 pm - Hatha Yoga - Studio 2	1:00 pm - Aquacise - Pool	6:00 pm - Tabata - Pool	12-3 pm - Pickleball - Tennis Courts 8&9		
5:00 pm - Arthritis Aqua - Pool	1:00 pm - Gentle Yoga - Studio 2	5:00 pm - Arthritis Aqua - Pool	1:00 pm - Aquacise - Pool		
	Topic Tuesday - Mindfulness	7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		
25	26	27	28		
8:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool		
9:00 am - Aquacise - Pool	10:00 am - PWR! - Aux Gym	10:15 am - Zumba Gold Toning - Studio 3	10:00 am - PWR Cycling! - Studio 3		
10:30 am - Zumba Gold w Wts. - Studio 3	10:00 am - Aqua Fit Mix - Pool	10:30 am - Body Pump 101 - Studio 1	10:00 am - Deep Water Mix - Pool		
11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3		
11:30 am - Arthritis Aqua	11:00 am - Gold Tennis - Court 1	12:00 pm - Arthritis Aqua - Pool	11:30 am - Mat Pilates - Studio 2		
12-3 pm - Open Pickleball - Tennis Courts 8&9	11:30 am - Mat Pilates - Studio 2	1:00 pm - YIN Yoga - Studio 2	12:00 pm - Arthritis Aqua - Pool		
1:00 pm - Hatha Yoga - Studio 2	1:00 pm - Aquacise - Pool	6:00 pm - Tabata - Pool	12-3 pm - Pickleball - Tennis Courts 8&9		
5:00 pm - Arthritis Aqua - Pool	1:00 pm - Gentle Yoga - Studio 2	5:00 pm - Arthritis Aqua - Pool	1:00 pm - Aquacise - Pool		
		7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		

Free to members! PWR! Is a research-based exercise class designed specifically for people with Parkinson's disease or movement disorders..

NEW Gold Senior limited member hours, Monday - Friday 10 AM - 3 pm

Check-in is allowed no earlier than 10 am and no later than 2:30 PM

Check-out must be no later than 3 pm

*** BODYPUMP 101 is a 60 minute modified Les Mills body strength workout using a barbell and plates with weight. Designed with modifications for beginner body pump participants, with a YIN r approach to BODYPUMP.

Topic Tuesday Discussions held in the den conference room (tennis area) from 12 - 12:45. No registration needed.