



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLDER ADULT GROUP EXERCISE SCHEDULE DAVIS Y

Monday –

8:00 am H2O Aerobics (pool)
9:45 am SilverSneakers Circuit (B)
10:45 am Chair Yoga (B)
11:15 am GoLo (A)
11:45 am SilverSneakers Classic (B)
12:00 pm Senior Water (pool)
12:30 pm Line Dancing (A)
1:00 pm Line Dancing (A)
7:00 pm Yoga (B)

Tuesday –

8:00 am H2O Aerobics (pool)
8:30 am Daybreak Yoga (B)
9:45 am SilverSneakers Classic (B)
11:00 am Yoga (B)
12:00 pm Senior Water (pool)
1:00 pm SilverSneakers Circuit (B)
2:00 pm Line Dancing (B)
7:00 pm Line Dancing (B)

Wednesday

8:00 am H2O Aerobics (pool)
9:45 am SilverSneakers Circuit (B)
10:45 am Yoga-lite (B)
11:15 am GoLo (A)
11:45 am SilverSneakers Classic (B)
12:00 pm Senior Water (pool)
12:00 pm Line Dancing Transition class 6/20-7/25
1:00 pm Line Dancing (A)
7:00 pm Yoga (B)

Thursday–

8:00 am H2O Aerobics (pool)
8:30 am Daybreak Yoga (B)
9:45 am SilverSneakers Classic (B)
11:00 am Yoga (B)
12:00 pm Senior Water (pool)
1:00 pm SilverSneakers Circuit (B)

Friday

8:00 am H2O Aerobics (pool)
9:45 am SilverSneakers Circuit (B)
10:45 Chair Yoga Plus (B)
12:00 am Senior Water (pool)
11:15 am GoLo Zumba (A)

Saturday

8:00 am H2O Aerobics (pool)
10:30 am Yoga (B)

Sunday

4:00pm Yoga (B)

Class Location Key

(A) – Studio A, Aerobics Room
(B) – Studio B, Mind Body Room
(D) – Studio D, Spin Room
(pool) – Pool (Access through locker rooms)
(FF) – Fitness Floor

Please note that on occasion a class may need to move to another area – we will do our best to let the front desk staff know of any location changes.