

# GROUP EXERCISE @ DON RODENBAUGH NATATORIUM

**AEROBIC PUNCH CARDS:** Not sure what aerobic classes are most beneficial to your needs? You're in luck! Don Rodenbaugh Natatorium offers Punch Cards that allow you to participate in any 12 water or land aerobic classes of your choice at whatever times you chose. Membership is not required to participate in aerobic classes and punch cards never expire!

**MEMBERS: \$39**

**NON-MEMBERS: \$51**

**SILVER SNEAKERS:** Silver Sneakers classes are free to Silver Sneakers Members. Non-Silver Sneakers Members can attend with an aerobic punch card.

LAND CLASSES			WATER CLASSES		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00-9:55 AM <b>TOTAL FITNESS SHALLOW</b> Marsha
6:00-7:00 AM <b>MORNING MIX-UP</b> Karen		6:00-7:00 AM <b>MORNING MIX-UP</b> Karen		6:00-7:00 AM <b>MORNING MIX-UP</b> Karen	9:00-10:00 AM <b>YOGA</b> Gargi
					10:00-11:00 AM <b>TOTAL FITNESS DEEP</b> Marsha
7:30-8:30 AM <b>MAKING WAVES</b> Karen	8:00-8:50 AM <b>SILVER SNEAKERS: CARDIO</b> Kazette	7:30-8:30 AM <b>MAKING WAVES</b> Karen	8:00-8:50 AM <b>SILVER SNEAKERS: CIRCUIT</b> Kazette	7:30-8:30 AM <b>MAKING WAVES</b> Karen	10:15-11:00 AM <b>CORE ENDURANCE</b> Gerri
9:20-10:05 AM <b>SILVER SNEAKERS: CLASSIC</b> Kazette	9:00-10:00 AM <b>YOGA</b> Sarita		9:00-10:00 AM <b>YOGA</b> Sarita	9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Kelly	
9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	
9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.	
10:15-11:15 AM <b>BODY BLAST</b> Lana H.		10:15-11:15 AM <b>BODY BLAST</b> Lana H.	10:15-11:15 AM <b>TAI CHI</b> Anne Yu	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	<b>SUNDAY</b>
10:15-11:00AM <b>SILVER SNEAKERS: SPLASH</b> Linda		10:15-11:00AM <b>SILVER SNEAKERS: SPLASH</b> Kelly		10:15-11:00AM <b>SILVER SNEAKERS: SPLASH</b> Kelly	2:30-3:30 PM <b>TOTAL FITNESS DEEP</b> Kazette
11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>ZUMBA</b> Lana H.	
	11:45 AM-12:45 PM <b>MOVING REALLY MATTERS</b> Karen P.		11:45 AM-12:45 PM <b>MOVING REALLY MATTERS</b> Karen P.		
12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Lana H.	
12:15-1:15 PM <b>ZUMBA</b> Lana H.				12:15-1:15 PM <b>TGIF YOGA</b> Honey	
6:00 PM-6:50 PM <b>BODY SCULPT</b> Gerri		6:00 PM-6:50 PM <b>YOGA</b> Gerri			
	6:30-7:30 PM <b>RIVER ROBICS</b> Ginger		6:30-7:30 PM <b>RIVER ROBICS</b> Ginger		
7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen		7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen			

