

# 68'S INSIDE SPORTS SENIOR AND NOVICE GROUP FITNESS SCHEDULE

**Effective 02/01/10**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							<b>Water Works - Dana</b>
8:30 AM		<b>Water Works - Dana</b>		<b>Water Works - Leta</b>	<b>**Kinesis Balance** (45 min.) Nancy</b>	<b>Water Works - Terri</b>	
9:30 AM		<b>Senior Water - Dana</b>		<b>Senior Water - Leta</b>		<b>Senior Water - Terri</b>	
10:30 AM	<b>Yoga - Instructors Vary</b>	<b>Senior Stretch &amp; Strength - Gennie</b>	<b>*Tai Chi &amp; Qigong* Master Chun Man Sit</b>	<b>Senior Stretch &amp; Strength - Gennie</b>			for questions about this schedule contact Leta at <a href="mailto:leta@68insidesports.com">leta@68insidesports.com</a>
11AM-1PM				<b>**Strive to Succeed** Nancy/Christy</b>			
1:45 PM			<b>Senior Fitness - Kathy</b>		<b>Senior Fitness - Terri</b>		
6:30 PM			<b>Water Walking - Kathy</b>				
7:30 PM					<b>*Tai Chi &amp; Qigong* Master Chun Man Sit</b>		

ALL DOWNSTAIRS CLASSES & WATER CLASSES ARE IN BOLD LETTERING.

STRIVE TO SUCCEED TIMES ARE NEGOTIABLE. CONTACT NANCY OR CHRISTY FOR FURTHER DETAILS.

PLEASE CHECK THE BULLETIN BOARDS FOR SCHEDULE REVISIONS AND/OR HOLIDAY SCHEDULES

ALL CLASSES ARE FREE TO MEMBERS EXCEPT \*Tai Chi and QIGong\*, **\*\*KINESIS BALANCE\*\***, **\*\*Strive to Succeed\*\*** . CLASS PACKAGES AVAILABLE AT REASONABLE PRICES.

**Club Hours:**

Mon.-Fri. 5:00AM - 10:00PM

Sat. & Sun. 7:00AM - 8:00PM

Phone: (913) 888-9247