

HealthRidge Class Schedule

< = Beginner level ^ = Intermediate level > = Advanced level * = Special Program
+ = Master Class

Aerobic Schedule Jan 3 - Apr 30th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15 pm	^ Body Toning Marsha		^ Body Toning Marsha		
4:30-5:15 pm		< <u>Gentle Strength</u> (Coming 4/18/23) Laurie		< <u>Gentle Strength</u> (Coming 4/18/23) Laurie	
5:45-6:30 pm		<u>HealthRidge Walking Club</u> FREE! (Coming 5/2/23) Laurie		<u>HealthRidge Walking Club</u> FREE! (Coming 5/2/23) Laurie	

Aquatic Schedule Jan 3 - Apr 30th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00 am	> <u>Water Aerobics</u> Beth		> <u>Water Aerobics</u> Beth		> <u>Water Aerobics</u> Beth
7:00-8:00 am	> <u>Water Aerobics</u> Bev		> <u>Water Aerobics</u> Bev		> <u>Water Aerobics</u> Bev
8:00-9:00 am	^ <u>Water Aerobics</u> Judy		^ <u>Water Aerobics</u> Melody		^ <u>Water Aerobics</u> Glenda
9:00-10:00 am	^ <u>Aqua Toning</u> Joyce	^ <u>Water Walking 2</u> Barb	^ <u>Aqua Toning</u> Joyce	^ <u>Water Walking 2</u> Barb	^ <u>Aqua Toning</u> Joyce
10:00-11:00am	< <u>Water Walking 1</u> Joyce	< <u>SilverSplash</u> Barb SilverSneakers Only	< <u>Water Walking 1</u> Joyce	< <u>SilverSplash</u> Barb SilverSneakers Only	< <u>Water Walking 1</u> Joyce
4:00-5:00 pm		< <u>SilverSplash</u> Cindy		< <u>SilverSplash</u> Cindy	
5:00-6:00 pm		< <u>Gentle Flow</u> Karen		< <u>Gentle Flow</u> Karen	
5:45-6:30 pm	^ BAM! Laurie		^ BAM! Laurie		
6:00-7:00 pm		> <u>Water Aerobics</u> Judy D.		> <u>Water Aerobics</u> Judy D.	

ANY COMBINATION OF AEROBIC / AQUATIC CLASSES IS 15 SESSIONS FOR \$50.00 (Excludes *Special Programs & +Master Class)

*Sign up and referral is required for the following: PRESCRIPTION WELLNESS, SILVER SNEAKERS Fitness,

AARP UHC Fitness, ROCK STEADY BOXING (for Parkinson's), ONCOLOGY REHAB PHASE II & III,

CARDIAC REHAB PHASE III, NEW BEGINNINGS, AND BALANCE CLINIC.

SilverSplash Class / SilverSneaker Participants only. *= Special Programs / pre-pay / pre-sign up required

+ = Master Class / pre-pay / pre-sign up required (Excludes Emp. Wellness Class & Total Package)