

# HealthRidge Class Schedule

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

## Aerobic Schedule Jan 1 - Mar 1, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15 pm	^ <u>Body Toning</u> Marsha		^ <u>Body Toning</u> Marsha		
4:00-4:45 pm		< ^ <u>Gentle Strength</u> Laurie		< ^ <u>Gentle Strength</u> Laurie	
5:00-5:35 pm		* > <u>Tabata</u> Laurie		* > <u>Tabata</u> Laurie	

## Aquatic Schedule Jan 1- Mar 1, 2024

	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> Lexi
9:00-10:00 am		^ <u>Water Walking 2</u> Barb		^ <u>Water Walking 2</u> Barb	
10:00-11:00 am	< <u>Water Walking 1</u> Donna	< <u>SilverSplash</u> Barb SilverSneakers Only	< <u>Water Walking 1</u> Donna	< <u>SilverSplash</u> Barb SilverSneakers Only	< <u>Water Walking 1</u> Donna
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	^ > <u>BAM!</u> Laurie		^ > <u>BAM!</u> 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)