

HealthRidge Class Schedule

< = Beginner level ^ = Intermediate level > = Advanced level * = Special Program

+ = Master Class

Aerobic Schedule Mar 4 - May 3, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1:10-1:50 pm		*<Balance Clinic: 4/2-4/25		<Balance Clinic: 4/2-4/25	
		Laurie		Laurie	
3:30-4:30 pm	*< ^ Pickleball 101: 4/15-5/22		*< ^ Pickleball 101: 4/15-5/22		
	Tonya		Tonya		
4:00-4:45 pm		< ^ Gentle Strength		< ^ Gentle Strength	
		Laurie		Laurie	
4:30-5:30 pm	*^ > Pickleball Teams & Tournaments: 4/15- 5/22		*^ > Pickleball Teams & Tournaments: 4/15- 5/22		
	Tonya		Tonya		
5:00-5:35 pm		* > Tabata		* > Tabata	
		Laurie		Laurie	
5:30-6:15 pm	^ Body Toning		^ Body Toning		
	Marsha		Marsha		
7:00-7:45 pm		*^Club Line Dancing: 4/2-5/16		*^Club Line Dancing: 4/2-5/16	
		Josh P.		Josh P.	

Aquatic Schedule Mar 4 - May 3, 2024

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