

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

IMPORTANT NOTE FOR POOL & SPA:
See back of Newsletter for new hours.
This is a one-month trial period!



Full Circle Success Informative Class
Mon, March 20 @ 10am - Ros. Comm Rms

Pace Yourself 9:30 - 10:15am Pool **1**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Parker Hall
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **2**
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Walk 4 Fitness 11:00 - 11:45am Rosboro. Lobby
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Line Dancing 2:30 - 3:15pm Hefner Auditorium
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool **3**
Senior TRX 9:30 - 10:15am Diamond Lifestyle
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner Aud
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength **(CANCELED)**

Better Balance 9:00 - 9:45am Hefner Auditorium **6**
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Aqua Fit 2:00 - 2:45pm Rosborough Pool
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **7**
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Better Balance 2:00 - 2:45pm Parker Hall
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm
Indoor Shuffleboard 7:00-9pm Parker Hall

Pace Yourself 9:30 - 10:15am Pool **8**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosborough Hallway
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **9**
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Walk 4 Fitness 11:00 - 11:45am Rosboro. Lobby
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Line Dancing 2:30 - 3:15pm Rosborough Rooms
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool **10**
Senior TRX 9:30 - 10:15am Diamond Lifestyle
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner Aud
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

Better Balance 9:00 - 9:45am Hefner Auditorium **13**
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Aqua Fit 2:00 - 2:45pm Rosborough Pool
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **14**
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Better Balance 2:00 - 2:45pm Rosborough Rooms
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm
Indoor Shuffleboard 7:00-9pm Parker Hall

Pace Yourself 9:30 - 10:15am Pool **15**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosborough Hallway
Yoga 3:15 - 4:15pm Diamond Lifestyle Room
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **16**
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Walk 4 Fitness 11:00 - 11:45am Rosboro. Lobby
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Line Dancing 2:30 - 3:15pm Hefner Auditorium
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool **17**
Senior TRX 9:30 - 10:15am Diamond Lifestyle
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner Aud
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

Better Balance 9:00 - 9:45am Hefner Auditorium **20**
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Aqua Fit 2:00 - 2:45pm Rosborough Pool
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **21**
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Better Balance 2:00 - 2:45pm Rosborough Rooms
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm
Indoor Shuffleboard 7:00-9pm Parker Hall

Pace Yourself 9:30 - 10:15am Pool **22**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosborough Hallway
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **23**
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Walk 4 Fitness 11:00 - 11:45am Rosboro. Lobby
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Line Dancing 2:30 - 3:15pm Hefner Auditorium
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool **24**
Senior TRX 9:30 - 10:15am Diamond Lifestyle
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner Aud
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

Better Balance 9:00 - 9:45am Rosborough Rooms **27**
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Aqua Fit 2:00 - 2:45pm Rosborough Pool
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Rosborough Comm. Rooms
Senior Fit 4:30-5:15pm Rosborough Comm. Rooms

Water Walking 9:15 - 10:00am Pool **28**
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Better Balance 2:00 - 2:45pm Rosborough Rooms
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm
Indoor Shuffleboard 7:00-9pm Parker Hall

Pace Yourself 9:30 - 10:15am Pool **29**
Total Body Tune-Up **(CANCELED)**
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosborough Rooms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **30**
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Walk 4 Fitness 11:00 - 11:45am Rosboro. Lobby
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Line Dancing 2:30 - 3:15pm Hefner Auditorium
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool **31**
Senior TRX 9:30 - 10:15am Diamond Lifestyle
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner Aud
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

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