

Castle Rock Recreation Center

Senior Fitness Schedule - 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
9:30-10:30 a.m. SilverSneakers Cardio Dianne	9:30-10:30 a.m. Senior Walk & Weights (Track) Lori	9:30-10:30 a.m. SilverSneakers Cardio Dianne	9:30-10:30 a.m. Senior Walk & Weights * (Track) Corie	9:00-10:00 a.m. Aqua Fit &Tone (Pool) Barb	No Classes
	9:45-10:45 a.m. Stretch and Core Nicole			9:30-10:30 a.m. Senior Stretch Dianne	
	10:35-11:35 a.m. Zumba Gold (Aerobic Studio Downstairs) Van		10:35-11:35 a.m. Zumba Gold (Aerobic Studio Downstairs) Van		
10:45-11:45 a.m. SilverSneakers Classic Sally	10:45-11:45 a.m. SilverSneakers Classic Michelle	10:45-11:45 a.m. SilverSneakers Classic Sheila	10:45-11:45a.m. SilverSneakers Classic Nicole	10:45-11:45 a.m. SilverSneakers Classic Nicole	

All Classes will take place in Panorama Hall unless otherwise noted

Classes and schedule subject to change. Visit <http://www.groupepro.com/schedule/353/> for real-time information on classes