

HealthRidge Class Schedule

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

+ = Master Class

Aerobic Schedule July 1 - Sept 30, 2024

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

Aquatic Schedule July 1 - Sept 30, 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 R.		^ <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> Donnae	< <u>SilverSplash</u> Barb <u>SilverSneakers Only</u>	< <u>Water Walking 1</u> Melody R.	< <u>SilverSplash</u> Barb <u>SilverSneakers Only</u>	< <u>Water Walking 1</u> TBD
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)