

















BODY ZONE™

Older Adult **Group Fitness** Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15	Flow & Tone MB Studio <i>Valerie</i> 		Zumba® Gold MB Studio <i>Joy</i> 		Aqua Flow & Tone Pool <i>Janet</i> 
9:30		Corepole POW Agility Room <i>Valerie</i> 			
9:45		Water Walk (Ai Chi) Pool <i>Gail/Joy</i> 		Water Walk (Ai Chi) Pool <i>Janine/Joy</i> 	
10:00	YogaStretch MB Studio <i>Carol</i> 		MSROM Agility Room <i>Janet</i> 	Cardio Circuit Agility Room <i>Valerie</i> 	
11:00	Cardio Circuit Agility Room <i>Lori</i> 	Strength Beyond Sneakers Agility Room <i>Lori</i> 	Asian Fusion Agility Room <i>Janet</i> 	YogaStretch MB Studio <i>Valerie</i> 	MSROM Agility Room <i>Gabrielle</i> 
11:15		Senior Splash Pool <i>Gail</i> 		Senior Splash Pool <i>Janine</i> 	

Questions? Comments? We Welcome Your Feedback!

Contact

Valerie Willms @ 610-376-2100 e. 327 or vwillms@bodyzonesports.com

Classes are ongoing * Come 5 minutes early and we'll help you get set up ** Schedule Revision 9-27-10-2