



Weekly Classes



	9:30	10:00	10:30	11:00	CALL TO SCHEDULE	CALL TO SCHEDULE
★ <u>MONDAY</u>	Water Exercise Class		Water Exercise Class	11:30-Private Tai Chi Lessons (Registration required)		One on One w/ Suzy
★ <u>TUESDAY</u>	Combo Seated & Standing Class Cardio, Strength, and Balance		Standing Cardio, Strength & Balance Exercise Class		Pickleball	One on One w/ Suzy
★ <u>WEDNESDAY</u>	Water Exercise Class Balance Class	Mindful Movement Yoga & Balance	Water Exercise Class	Jolly Volley	Pickleball	One on One w/ Suzy
★ <u>THURSDAY</u>	Combination Seated & Standing Cardio, Strength, & Balance Exercise Class		Standing Cardio, Strength & Balance Exercise Class		Pickleball	One on One w/ Suzy
★ <u>FRIDAY</u>	Water Exercise Class Balance Class		Water Exercise Class	12 pm Lunchtime Yoga	Pickleball	One on One w/ Suzy

Call Suzy Vaile at 336 631-1340 with questions or to reserve the Pickleball court