



# SWFP EXERCISE CLASSES

## MONDAYS/LUNES

WATER AEROBICS - 9:30-10:30 AM - Pool

TAI CHI - 10:30-11:30 AM - Gym 1

## TUESDAYS/MARTES

CHAIR EXERCISE VIDEO - 9:30-10:30 AM - Gym 1

## WEDNESDAYS/MIERCOLES

YOGA - 9:00-10:00 AM - Gym 1

ZUMBA - 9:30-10:30 AM - Main Hall

20/20/20 - 10:30-11:30 AM - Gym 1

TAI CHI - 12:00-1:00 PM - Gym 1

## THURSDAYS/JUEVES

CHAIR EXERCISE VIDEO - 9:00-10:00 AM - Gym 1

TAI CHI - 10:30-11:30AM - Gym 1

## FRIDAYS/VIERNES

MINDFUL MEDITATION - 9:30-10:30 AM - Gym 1

AGELESS GRACE - 11:00-12:00 PM - Gym 1

CLASSES ARE SPONSORED BY:

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