



NOV 2022

BST EAST EXERCISE SCHEDULE



Monday

10am Water Fitness, Jeanie
10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana

Tuesday

7am Walking Club - Starts at F & V
9am Water Fitness, Hope
10:15am Tai Chi for Balance, Hope–F & V
11am Line Dancing, -Hope -F & V

Wednesday

10am Water Fitness, Jeanie
10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana



Thursday

7am Walking Club - Starts at F & V
9am Water Fitness, Hope
10:15am Tai Chi for Balance, Hope–F & V
11am Line Dancing, -Hope -F & V



Friday

10am Sit And Be Fit, –Mariana
10:30am Balance Class, –Mariana





NOV 2022



BST WEST EXERCISE SCHEDULE

Monday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 -2
11:15am Zumba, Mariana, CC 1 -2



Tuesday

9am Chair Yoga, Theresa -CC 1 -2
10am Line Dancing, George -CC 2
10am Yoga, Theresa -CC 1
11am Chair Yoga, Theresa -CC 1 -2
1pm Water Aerobics, Jeanie -Pool
1pm Cardio, Mariana-CC 1
1:30pm Water Pilates, Jeanie -Pool
1:45pm Chair Exercise, Mariana-CC 1

Wednesday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 -2
11:15am Zumba, Mariana, CC 1 -2
1pm Tai Chi, Hope -CC 1 -2



Thursday

9am Chair Yoga, Theresa -CC 1 -2
10am Yoga, Theresa -CC 1
11am Chair Yoga, Theresa -CC 1 -2
1pm Water Aerobics, Jeanie -Pool
1pm Cardio, Mariana-CC 1
1:30pm Water Pilates, Jeanie -Pool
1:45pm Chair Exercise, Mariana-CC 1



Friday

9am Water Therapy, Hope-Pool
10am Total Conditioning, Hope, CC 1 -2
11:15am Zumba, Mariana, CC 1 -2
1pm Tai Chi, Hope -CC 1 -2

