

Senior Schedule

Effective Nov. 2nd

Military Rd. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am		Water Aerobics <i>Deborah</i>		Water Aerobics <i>Lori</i>	
11:15am			Silver Sneakers* <i>Brandy</i>		
12:30pm		Line Dancing <i>Gidget</i>		Line Dance <i>Gidget</i>	

Gause Blvd. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	
11:15am	Flexercise* <i>Brandy</i>				Silver Sneakers* <i>Cindy</i>
12:30pm			Line Dancing <i>Gidget</i>		
6:30pm	Water Aerobics <i>Bruce</i>				

Pontchartrain Dr. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am	Gentle Yoga <i>Cindy</i>		Gentle Yoga <i>Cindy</i>		Gentle Yoga <i>Donna</i>
11:15		Silver Sneakers* <i>Brandy</i>			

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