






SENIOR GROUP FITNESS SCHEDULE [55+]

Nolensville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Silver Sneakers Classic 8:15-9:15 am Pamela Hagens \$4.00 (non SS members)		Beginner Cycle 9:50-10:35am Stephanie Kraft \$4.00 <i>*Starting 5/10*</i>		Silver Sneakers Classic 8:15-9:15 am Pamela Hagens \$4.00 (non SS members)
Beginner Cycle 10:00-10:45am Stephanie Kraft \$4.00	Senior Yoga 10:30 am-11:30 am Karen Dunne \$4.00	Senior Yoga 10:35am –11:35am Julie Smith \$4.00	Senior Yoga 10:30 am-11:30 am Karen Dunne \$4.00	Zumba Gold® 10:50 am-11:50 am Heather Dabbs \$4.00
Zumba Gold® 10:50 am-11:50 am Heather Dabbs \$4.00			Silver Sneakers Boom 11:15 am-12:15 pm Stephanie Moore \$4.00	

Senior Yoga 11:00 am-12:00 pm Julie Smith \$4.00

Key:

	Cycle-based		Strength Training
	Dance Choreographed		Silver Sneakers
	Mind & Body		



WILLIAMSON COUNTY
PARKS & RECREATION