

# GROUP EXERCISE @ DON RODENBAUGH NATATORIUM

**AEROBIC PUNCH CARDS:** Not sure what aerobic classes are most beneficial to your needs? You're in luck! Don Rodenbaugh Natatorium offers Punch Cards that allow you to participate in any 12 water or land aerobic classes of your choice at whatever times you chose.

Membership is not required to participate in aerobic classes and punch cards never expire!

\*Must be 16+ to participate in City of Allen aerobics classes.

**MEMBERS: \$39**

**NON-MEMBERS: \$51**

**SILVER SNEAKERS:** Silver Sneakers classes are free to Silver Sneakers Members.

Non-Silver Sneakers Members can attend with an aerobic punch card.

LAND CLASSES			WATER CLASSES		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**\*ALL LEISURE CLASSES HAVE BEEN CANCELLED DUE TO THE POOL RENOVATION AND WILL RESUME IN OCTOBER. \***

5:30-6:30 AM <b>MORNING MIX-UP</b> Karen		5:30-6:30 AM <b>MORNING MIX-UP</b> Karen		5:30-6:30 AM <b>MORNING MIX-UP</b> Karen	
					10:00-11:00 AM <b>TOTAL FITNESS DEEP</b> Marsha
	8:00-8:50 AM <b>SILVER SNEAKERS: CARDIO</b> Kazette		8:00-8:50 AM <b>SILVER SNEAKERS: CIRCUIT</b> Kazette		10:15-11:00 AM <b>CORE ENDURANCE</b> Gerri
	9:00-10:00 AM <b>YOGA</b> Sarita	9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Marsha	9:00-10:00 AM <b>YOGA</b> Sarita	9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Kelly	
9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	
					<b>SUNDAY</b>
10:15-11:15 AM <b>BODY BLAST</b> Lana H.		10:15-11:15 AM <b>BODY BLAST</b> Lana H.	10:15-11:15 AM <b>TAI CHI</b> Anne Yu	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	
11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>ZUMBA</b> Lana H.	
12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Lana H.	
12:15-1:15 PM <b>ZUMBA</b> Lana H.				12:15-1:15 PM <b>TGIF YOGA</b> Honey	
6:00 PM-6:50 PM <b>BODY SCULPT</b> Gerri		6:00 PM-6:50 PM <b>YOGA</b> Gerri			
7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen		7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen			

