

Fitness Class Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT
8:45-9:45am						
9:00am	Wet & Wild (SP, L2)	Wet & Wild (SP, L2)	Wet & Wild (SP, L2)	Wet & Wild (SP, L2)	Wet & Wild (SP, L2)	
9:30am						
10:00am	Senior Shape-Up (FH, L2)	Getting to the Core (GP, L2)	Senior Shape-Up (FH, L2)	Getting to the Core (GP, L2)	Senior Shape-Up (FH, L2)	
10:30am	FUNctional Fitness (GP, L1)	Brain, Body, Breath (GP, L3) Fluid Motion (SP, L1)	FUNctional Fitness (GP, L1)	Brain, Body, Breath (GP, L3) Fluid Motion (SP, L1)	FUNctional Fitness (GP, L1)	Line Dancing (GP, L3)
1:30 - 2:15pm	Afternoon Aquatics (SP, L1)	Afternoon Aquatics (SP, L1)		Afternoon Aquatics (SP, L1)		
2:30-3:30pm 3:30 - 4:30pm	Shepherd's Center Swim (SP, L2)		Shepherd's Center Swim (SP, L2)			

NEWS AT JULE'S POOLS

You may have noticed the Salemtowne bus on campus in the past couple of weeks. This is due to a special request that was made to have our permission to use our pool while they are making repairs to the pool at Salemtowne.

They currently have 4-5 people attending classes on Monday, Wednesday, and Fridays.

They are having a wonderful time and are so appreciative to Arbor Acres for letting them use our Pool while necessary repairs are made.

They would like to invite any resident from Arbor Acres to take the classes if they would like. Edith Bailey, Former Director of Senior Games for Forsyth County, and Jean Callaghan, 90 years old and a resident at Salemtowne, share teaching responsibilities for the class at Arbor Acres.

They both teach separate classes at Salemtowne as a part of the Fitness Staff.

