



# SENIOR AEROBICS SCHEDULE

**Summer 2024 Schedule**

**Annual Membership: Residents \$25 | Non-Residents \$50.**

**Daily Visit: Residents \$1 | Non-Residents \$5**

## CENTRAL PARK (954-452-2510)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:15am-9:15am		Low Impact Aerobics - Diane Britt		Low Impact Aerobics - Diane Britt
9:30am-10:30am	High/Low Aerobics w/ Body Sculpt -Diane Britt		High/Low Aerobics w/ Body Sculpt -Diane Britt	Zumba for All -Diane Britt

## PLANTATION COMMUNITY CENTER (954-797-2180)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00am-10:00am	Senior Circuit -Lola Irvine	Dance Fit - Lola Irvine	Yoga Stretch - Lola Irvine	Chair Exercise - Lola Irvine

*Silver Sneakers Members: FREE*

## JIM WARD COMMUNITY CENTER (954-585-2344)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am-11:30am		Functional Fitness -Lana Gelb			20/20/20 Lana Gelb	
11:00am-12:00pm	Ageless Grace -Tracey Gelb					Ageless Grace -Tracey Gelb

Class schedules and instructors subject to change. Updated July 2024