

October 2021

YES CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Freestyle Circuit		Freestyle Circuit		Freestyle Circuit	
	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	
9:00 am						Saturday Splash
9:45 am	YES Circuit Training		YES Circuit Training		YES Circuit Training	
	Renew Yoga & Meditation					
10:00 am - Noon	Open Play Pickleball	Open Play Pickleball		Open Play Pickleball		
10:50 am	Balance Training	Ageless Agility	Gentle Yoga	Balance Training	Gentle Yoga	
		Slow Flow Restorative Yoga				
4:30 pm	Renew Yoga & Meditation					
5:30 pm			Gentle Yoga			

