

Garden Park Clubhouse Group Fitness Class Schedule April 2, 2018 – August 31, 2018

Monday 9:00 am

Water Aerobics with Jamie

Exercise in the shallow end of the pool using water and weights as your resistance. This is a perfect low impact class!

Tuesday 9:00 am

Yoga with Jeni

This class will help you build flexibility, coordination, balance, strength of mind, body and spirit. There are plenty of modifications for beginners and hard work for the more experienced.

Wednesday 9:00 am

Water Aerobics with Jamie

Exercise in the shallow end of the pool using water and weights as your resistance. This is a perfect low impact class!

Thursday 9:00 am

Yoga with Jeni

This class will help you build flexibility, coordination, balance, strength of mind, body and spirit. There are plenty of modifications for beginners and hard work for the more experienced.

Friday 9:00am

Water Aerobics with Jillian

Exercise in the shallow end of the pool using water and weights as your resistance. This is a perfect low impact class!

Upcoming Holidays

5/28/18 Memorial Day — No
Classes

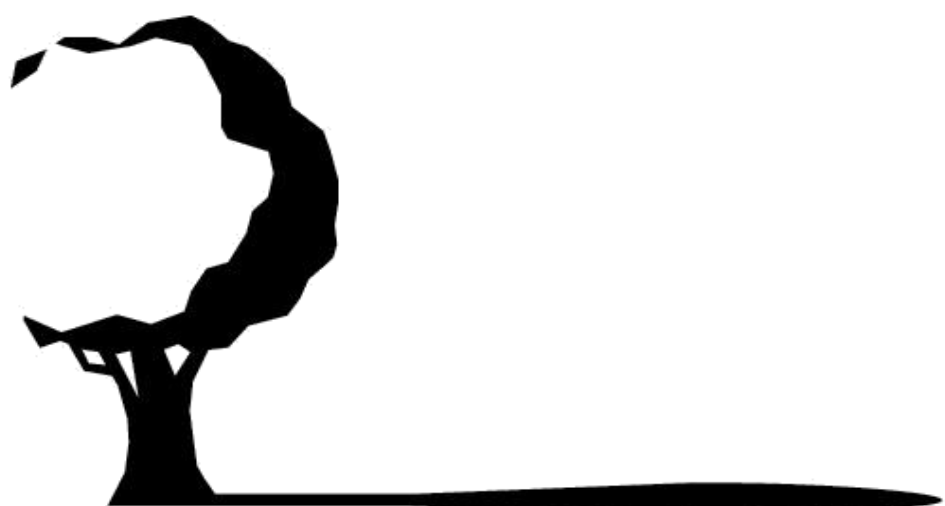
Garden Park Residents
Group Fitness Prices:

Single Class - \$2

30-Day Class Pass - \$25

30-Day Monthly EFT - \$20

Passes may be purchased
at the DCC and the Garden Park Concierge



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