



THE FOREST AT DUKE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Table Tennis All Day GES	8:00-8:45am Hydroblast (L3) Pool Alana	8:00-8:45am Hydroblast (L3) Pool Sheri	8:00-8:45am Hydro Circuit (L3) Pool Johnny			
				9:00-9:45am Aqua Bootcamp (L3) Pool Alana		
	9:00-9:30am Cardio Conditioning (L3) GES Sheri	9:00-9:30am Cardio Conditioning (L3) GES Julia	9:00-9:30am Cardio Conditioning (L3) GES Sheri	9:00-9:30am Cardio Conditioning (L3) GES Julia	9:00-9:45am Cardio/Strength Circuit (L3) GES Carol	9:00am Walkie Talkies (ALL) Lobby
	9:30-10:00 Strength Conditioning (L3) GES Sheri	9:30-10:00 Strength Conditioning (L3) GES Julia	9:30-10:00 Strength Conditioning (L3) GES Sheri	9:30-10:00 Strength Conditioning (L3) GES Julia		
		10:00-10:30 Functional Fitness (L2) GES Sheri	10:00-10:45 Yoga (L3) GES Cheryl	10:00-10:30 Functional Fitness (L2) GES Sheri	10:00-10:45 Yoga (L3) GES Cheryl	
	10:30-11:00 Balance Basics (L2, L3) GES Sheri		11:15-11:45 Seated Yoga (L2) GES Cheryl	10:30-11:00 Balance Basics (L2, L3) GES Sheri	11:15-11:45 Seated Yoga (L2) GES Cheryl	10:30 Seated Volleyball (Auditorium)
	11:30am Meditation (All) GES			11:30am Meditation (All) GES		11:00am Zumba (L2, L3) GES Benita
	1:30 pm Tai Chi (L2, L3) GES Nina	2:00pm Table Tennis GES		1:30 pm Core Strengthening (L3) GES Sheri		
	2:00pm Table Tennis GES	2:00pm Therapeutic Aqua (All) Pool Carol		2:00pm Therapeutic Aqua (All) Pool Carol		
	4:00pm Folk Dancing (L3) GES	3:15pm Dance Fitness (L2,L3) GES Carly	2:00pm Table Tennis GES	3:15pm Dance Fitness (L2,L3) GES Carly	2:00pm Table Tennis GES	2:00pm Table Tennis GES