



Alamo Senior Center

Fitness Activities

Event: Exercise Classes	Day	Time	Place
Aerobics	Mon & Wed & Fri	8:45-9:45 AM	Fitness Room II w/ Lee
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/ Merry
Basic Beginner Line Dancing	Mon & Thurs	1:15-1:45 PM	Fitness Room II w/ Jean
Chair Exercise	Mon & Wed & Fri	9:40-10:00 AM	Fitness Room I w/ Jenny
Circuit Training	Tue & Thurs	2:00 - 2:45 PM	Fitness Center w/ Cindy
Beginner/Intermediate Line Dancing	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/ Jean
Jamboree Line Dance Beg.	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/ Bea
Jamboree Line Dance Adv.	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea
Line Dancing (High Beginners)	Tues & Thurs	6:00-7:00 PM	Fitness Room II w/ Iris
Line Dancing (Intermediate)	Tues & Thurs	7:00-8:30 PM	Fitness Room II w/ Iris
Open Swimming	Mon-Fri	6:00 - 8:00 AM	Rec Center
Plus Square Dance	Wed	2:00-3:00 PM	Fitness Room I w/ Jean
Road Runner Walking Club	Mon-Fri	8:00 - 9:00 AM	White Sands Mall
Stretching	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room I w/ Lucille
Strength Training 	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/ Claire
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/ Dick
Resistance Strength Training	Mon & Wed & Fri	1:00-2:00 PM	Fitness Room I w/ Tom
Strength & Flexibility	Mon & Wed & Fri	8:30-9:30 AM	White Sands Mall w/ Judy
Table Tennis	Mon & Wed & Fri	8:00-11:00 AM	Classroom I & II w/ Monroe
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Walk Aerobics	Mon & Wed	3:00-3:45 PM	Fitness Room II w/ Velda
Wgt Training & DVD Dance	Mon & Wed & Fri	11:00-12:00 PM	Fitness Room I w/ Elena
Yoga	Mon & Wed	4:00-5:15 PM	Fitness Room II w/ Mary
Zumba 	Mon	11:15-11:45 AM	Fitness Room II w/ Janette
Zumba	Wed	11:15-11:45 AM	Fitness Room II w/ Janette
Zumba	Fri	11:15-11:45 AM	Fitness Room II w/ Marcos

