



Laguna Woods Village®

## Recreation and Special Events Weekly Class Schedule

INSTRUCTOR & CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Kristine DeYoung</b>				<b>CH 2 Patio</b>
Chair Yoga				11:30 a.m. - 12:30 p.m.
<b>Patsy Moore</b>	<b>CH 2 Patio</b>	<b>CH 4 Pool</b>	<b>CH 2 Patio</b>	<b>CH 4 Pool</b>
Cardio Strength	10:30 - 11:30 a.m.		10:30 - 11:30 a.m.	
Aquatic Fitness		8 - 8:45 a.m.		8 - 8:45 a.m.
Cardio Boxing Fusion	Noon - 1 p.m.		Noon - 1 p.m.	
<b>Susie Ando</b>				<b>CH 1 Back Patio</b>
Tai Chi Dance				8:30 - 9:30 a.m.
<b>Alisha Sullivan</b>	<b>CH 5 Parking Lot</b>	<b>CH 5 Parking Lot</b>	<b>CH 5 Parking Lot</b>	<b>CH 5 Parking Lot</b>
Cycling	5 - 6 p.m.	11:30 a.m. - 12:30 p.m.	10 - 11 a.m.	7 - 8 a.m.
<b>Janet Gilliam</b>		<b>CH 2 Patio</b>		<b>CH 2 Patio</b>
Chair Fitness		10 - 11 a.m.		10 - 11 a.m.