

Fall & Winter Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|
| 8:45—9:30 AM <i>Early Bird Water Aerobics</i> Sue | 7:45—8:30 AM <i>Sunrise Aqua-Jogging</i> (belt needed) Trudy | 8:45—9:30 AM <i>Early Bird Water Aerobics</i> Sue | 8:45—9:30 AM <i>Early Bird Water Aerobics</i> Patti | 8:45—9:45 AM <i>Aqua-Jogging</i> (belt needed) Trudy | 10:15—11:15 AM <i>Water Aerobics</i> Toni |
| 10:00—11:00 AM <i>Senior Water Aerobics</i> (must be age 55+) \$2.00 Non-members | 8:45—9:30 AM <i>Early bird Water Aerobics</i> (need barbells) Patti | 10:00—11:00 AM <i>Senior Water Aerobics</i> (must be age 55+) \$2.00 Non-members | 9:00—10:15 AM <i>Yoga</i> Sandy | 10:00—11:00 AM <i>Senior Water Aerobics</i> (must be age 55+) \$2.00 Non-members | |
| 6:00-7:00 PM <i>Step Aerobics</i> Kathy | 9:00—10:15 AM <i>Yoga</i> Sandy | 6:00-7:00 PM <i>Step Aerobics</i> Kathy | 10:15—11:00 AM <i>Water Aerobics</i> Toni | | |
| 7:05—8:05 PM <i>Strength & Flex</i> (need hand weights) Kathy | 10:15—11:00 AM <i>Water Aerobics</i> Toni | 7:05—8:05 PM <i>Strength & Flex</i> (need hand weights) Kathy | <p><i>Frequent participants of our core classes are urged to join our “contact list.” In the event of a class cancellation or severe weather, we’ll attempt to contact you and save you the trip. Stop by at our front desk to add your name today.</i></p> | | |
| 6:15—7:15 PM <i>Aqua-Jogging</i> (belt needed) Trudy | 6:00—7:00 PM <i>Zumba</i> Kathy | 6:15—7:15 PM <i>Aqua-Jogging</i> (belt needed) Trudy | | | |
| 7:30—8:30 PM <i>Water Aerobics</i> Toni | | 7:30—8:30 PM <i>Water Aerobics</i> Toni | | | |

Cohoes Community Center * 22-40 Remsen Street * Cohoes *

518-237-7523

www.cohoescommunitycenter.org