



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	Water Aerobics Level 2: Col. Hargreaves (AFV II Pool)		Water Aerobics Level 2: Col. Hargreaves (AFV II Pool)		Water Aerobics Level 2: Col. Hargreaves (AFV II Pool)
9:00	"TAI CHI" Level 2: Horacio Lopez (CC Room 2)				
10:15		10:15 Line Dancing Level 2: Mr. & Mrs. Rollow (CC Room 2)			
1:00				Wii Bowling All Levels (Main Lobby)	
2:00	Water Aerobics Level 1: Mrs. Ponder (AFV II Pool)		Water Aerobics Level 1: Mrs. Ponder (AFV II Pool)		Water Aerobics Level 1: Mrs. Ponder (AFV II Pool)
2:00		Balance 2 Level 2: Mary (CC Room 1)		Balance 2 Level 2: Debbie (CC Room 1)	
2:30		Balance 1 Level 1: Mary (CC Room 1)		Balance 1 Level 1: Debbie (CC Room 1)	
3:00	Total Conditioning Level 1: Debbie (CC Room 1)	Chair Exercise All Levels: Mary (CC Room 1)	Total Conditioning Level 1: Debbie (CC Room 1)	Chair Exercise All Levels: Debbie (CC Room 1)	Total Conditioning Level 1: Debbie (CC Room 1)
3:45	Pilates All Levels: Debbie (CC Room 1)		Pilates All Levels: Debbie (CC Room 1)		Just Stretch All Levels: Debbie (CC Room 1)

Level 1 = Beginner/Intermediate Fitness Levels
Level 2 = Intermediate/Advanced Fitness Levels
All Fitness Levels = Beginner/Intermediate/Advanced

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