



**Nomad Aquatics
& Fitness**

Silver Sneakers Class Schedule (classroom)



All levels of fitness are welcome!

Classic-

Mondays and Wednesdays

9:30am-10:30am- Classic with Abby
10:45am-11:45am- Classic with Abby

Cardio Circuit/Classic

Tuesdays and Thursdays

9:30am-10:30am- Circuit (Cardio Fit) with Donna
10:45-11:45am- Classic with Donna

Fridays (beginning 11/18/16)

9:30am-10:30am- Classic with Heidi
10:45am-11:45- Classic with Heidi

If you have any questions, please contact NOMAD at 704.949.1555