



HAYES BARTON PLACE

Hayes Barton Place

Group Exercise Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9 Aqua Aerobics 9:30-10:15 Strength & Mobility Floor Yoga 11:30-12 Sit n Fit 1:30-2 Root & Rise Chair Yoga 3:30-4:30 Seated Volleyball	8:30-9 Strength Circuit 9:00 Pickleball Club 9:30-10 Aqualax 9:30-10 Qi Gong 10:30-11 Balance (advanced) 11:15-12:15 Barre w Lisa 1:30-2 Line Dance 3:30-4 Chair Yoga (all levels)	8:30-9 Aqua Aerobics 9:30-10:15 Strength & Mobility Floor Yoga 10:30-11 Rhythm and Movement 11:30-12 Sit n Fit 1:30-2 Balance (all levels) 3:30-4:30 Seated Volleyball	8:30-9 Strength Circuit 9:00 Pickleball Club 9:30-10 Aqualax 10:30-11 Balance (advanced) 11:15-12:15 Core & Restore w Lisa 1:30-2 PWR! Moves 3:30-4 Chair Yoga (all levels)	8:30-9 Aqua Aerobics 9:00 Pickleball Club 10:30-11 Cardio Drumming 11:30-12 Sit n Fit 1:30-2 Balance (all levels) 3:30-4:30 Seated Volleyball	9:00 Pickleball Club 9:30-10 Aqua Aerobics 10:30-11 Line Dance 11:30-12 Sit n Fit 3:30-4:30 Seated Volleyball SUNDAY 2:30-3 Qi Gong 3:30-4 Chair Yoga (all levels)

Classes in **black** are in the **wellness studio**

Classes in **blue** are in the **pool**

Programs in **green** are **resident led clubs**