

Greenbriar Oceanaire Clubhouse Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Mat-Work Pilates</u> Instructor: Lynn Mears Time: 8:30AM-9:30AM Location: Aerobics Rm	<u>Jazzercise</u> Instructor: Mary Jane Brady Time: 8:00AM-8:45AM Location: Ballroom	<u>Tai Chi For Balance:</u> <u>Intermediate Level</u> Instructor: Janice Bertram Time: 8:45AM-9:45AM Location: Aerobics Rm	<u>Jazzercise</u> Instructor: Mary Jane Brady Time: 8:00AM-8:45AM Location: Ballroom	<u>Gentle Yoga</u> Instructor: Becky Peary Time: 8:00AM-9:00AM Location: Aerobics Room	<u>Zumba</u> Instructor: Theresa Brown Time: 8:30AM-9:15AM Location: Aerobics Rm
<u>Aquatics</u> Instructor: Barbara Hanlon Time: 9:30AM-10:30AM Location: Indoor Pool	<u>Gentle Yoga</u> Instructor: Kirsten Askins Time: 9:00AM-10:00AM Location: Aerobics Rm	<u>Aquatics</u> Instructor: Barbara Hanlon Time: 8:30AM-9:30AM Location: Indoor Pool *Pay As You Go*	<u>Gentle Yoga</u> Instructor: Kirsten Askins Time: 9:00AM-10:00AM Location: Aerobics Rm	<u>Zumba</u> Instructor: Theresa Brown Time: 9:00AM-9:45AM Location: Aerobics Rm	
<u>Strength and Stretch</u> Instructor: Barbara Hanlon Time: 11:00AM-12:00PM Location: Aerobics Rm	<u>Aquatics</u> Instructor: Joyce Salvatore Time: 9:15AM-10:15AM Location: Indoor Pool *Pay As You Go*	<u>Cardio, Weights, & Strength</u> Instructor: Barbara Hanlon Time: 10:30AM-11:30AM Location: Aerobics Rm	<u>B 4Ever Fit</u> Instructor: Barbara Hanlon Time: 10:00AM-11:00AM Location: Aerobics Rm *Pay As You Go*	<u>Aquatics</u> Instructor: Barbara Hanlon Time: 9:30AM-10:30AM Location: Indoor Pool	
<u>B 4Ever Fit</u> Instructor: Linda Barragan Time: 10:00AM-11:00AM Location: Aerobics Room *Pay As You Go*	<u>BCS with the Ball</u> Instructor: Barbara Hanlon Time: 10:15AM-11:15AM Location: Aerobics Rm *Pay As You Go*	<u>B 4Ever Fit</u> Instructor: Linda Barragan Time: 10:00AM-11:00AM Location: Ballroom *Pay As You Go*	<u>Tai Chi for Balance</u> Instructor: Janice Bertram Time: 11:30AM-12:30PM Location: Aerobics Rm	<u>Move For Fun</u> Instructor: Linda Barragan Time: 10:00AM-11:00AM Location: Aerobics Rm	
<u>Gentle Yoga</u> Instructor: Becky Peary Time: 12:00PM-1:00PM Location: Aerobics Room	<u>Co-Ed Circuit Training</u> Instructor: Jim Bertram Time: 11:30AM-12:30PM Location: Aerobics Rm	<u>Water Volleyball</u> Time: 5:00PM-7:00PM Location: Indoor Pool			

Please Note: days and/or times are subject to change at instructor's discretion.
 Please contact the Concierge Desk in the Clubhouse regarding registration for fitness programs.