

Young at Heart

A Moderate Exercise Program

Class Schedule & Events September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:30-8:30am Yoga Basics Mark MB Studio	7:15-8:15am Tai Chi Eric MB Studio		7:15-8:15am Tai Chi Eric MB Studio	
	9:00-10:00am Liquid Fit Taryn Outdoor Pool	9:00-10:00am Gymstick Power Christina Outdoor Pool	9:00-10:00am Aqua Kickbox Cathy W. Outdoor Pool		9:00-10:00 am Deep Water Bobbi Outdoor Pool	
	11:00-12:00pm Cardio Fit MB Studio Julie	11:05-12:05pm Hi/Lo Impact I Adrienne MB Studio	11:00-12:00pm Stretch Therapy I-II Ruthie MB Studio		9:00-10:00am Hi/Lo Impact II Adrienne Aerobic Studio	
	1:40-2:40pm Stretch & Strengthen Renee MB Studio			11:00-12:00 Pilates Stretch &Ball Adrienne MB Studio		
		1:00-2:00pm Liquid Fit Cathy H Indoor Pool	4:14-5:15pm Yoga Basics Mark MB Studio	1:00-2:00pm Liquid Fit Terri Indoor Pool		1:00-2:00pm Liquid Fit Molly Indoor Pool

- Cherry Creek Athletic Club's exclusive YAH Program offers cardiovascular, strength training and flexibility specific classes. (See the reverse side for class descriptions). *All classes titled Liquid Fit are suitable for Young at Heart participants. Please see our Group Exercise Class Schedule for a full listing of all Liquid Fit class times and days.
- Friday, September 10th at 10:15 a.m. the YAH social will be outside by the pool. Snacks and beverages will be provided.
- Friday, September 24th, join Sylvia Salcedo Rojas, Licensed Acupuncturist, for a Lecture on Ayurvedic Medicine Constitution Healing Modalities and Treatments.
- Weekly club updates are now available online at www.cherrycreekclub.com

