

# YOUNG AT HEART

## NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15am Tai Chi Eric MB Studio	7:25-8:25 am Yoga Basics Mark MB Studio	7:15-8:15 am Taijifit Eric MB Studio	7:25-8:25 am Yoga Basics Mark MB Studio	7:15-8:15am Tai Chi TD MD Studio		
9:00-10:00 am Liquid Fit Cathy H. Outdoor Pool	9:00-10:00 am Aqua Bamba Christina Outdoor Pool	9:00-10:00 am Aqua Kickbox Cathy W Outdoor Pool	*New Class* Stretch & Breath 8:45-9:30am Nova	9:00-10:00 am Liquid Fit Staff Outdoor Pool	9:00-10:00 am Liquid Intervals Nancy Outdoor Pool	9:00-10:00 am Liquid Fit Cathy H. OutdoorPool
		10:00-11:00am Tai Chi Eric Group Ex Studio		9:15-10:15 am Total Body Fusion Cathy C Fitness Studio		9:15-10:30 am Restorative Yoga Kathy B/Kate L MB Studio
11:00-12:00 pm Cardio Fit Cathy C MB Studio	11:00- 11:45am Wellness Meditation Lori S	11:00-12:00pm Essentrics Jenny Group Ex Studio	11:00-12:00 pm Pilates/Ball Adrienne MB Studio	10:30-11:30am Restore And Repair Debbie S Group Ex Studio		
12:15-1:15 PM Gentle Hatha Yoga Robin S.	12:15-1:15 pm Yin Yoga Nova MB Studio	11:00-12:00 pm Stretch Therapy I-II Ruthie MB Studio	12:15-1:15pm Gentle Hatha Yoga Robin S		12:30-1:45 pm YAH Yoga Basics Gail MB Studio	
*New Class* 1:30-2:30pm Essentrics Jenny Mind Body	1:15-2:15 pm Liquid Fit Sally K Indoor Pool		1:15-2:15 pm Liquid Fit Staff Indoor Pool			
		4:00-5:00 pm Yoga for All Mark MB Studio				*New Class* 5:30-6:30PM Tai Chi Forms TD
	6:30-7:30 pm Aquabatta Cathy H. Outdoor Pool	*New Class* 5-5:45pm Hot Stretch Therapy Ruthie	6:30-7:30 pm Aquabatta Cathy H. Outdoor Pool			



www.cherrycreekclub.com  
303-399-3050

\* Cherry Creek Athletic Club's exclusive YAH Program offers joint friendly classes  
\*The YAH social is Friday, November 10 10:30am ,The topic will fall prevention exercises. .