

2017 SCHEDULE



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING CLASSES

W A T E R A E R O B I C S

AQUA FIT
9:30-10:15

AQUA SPLASH
9:30-10:15

CARDIO BLAST
9:30-10:15

NICE & EASY
9:30-10:15

HYDRO TONE
10:15-11:00

ARTHRITICS
10:30-11:15

AQUA YOGA
10:30-11:15

ARTHRITICS
10:30-11:15

AQUA YOGA
10:30-11:15

EVENING CLASSES

W A T E R A E R O B I C S

CARDIO SPLASH
6:30-7:15

H2O EXPRESS
6:30-7:15

AQUA FIT
6:30-7:15

AQUA TURBO
6:30-7:15

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING CLASSES

L A N D A E R O B I C S

SCULPT
9:15-10:00

HI-LO CARDIO
9:00-9:45

CIRCUIT TRAINING
9:00-9:45

YOGA
9:00-10:00

PILATES
9:00-10:00

PILATES
11:30-12:30

EVENING CLASSES

L A N D A E R O B I C S

SPIN
5:30-6:15

KETTLEBELL
5:30-6:20

SPIN
5:30-6:15

SPIN
5:30-6:15

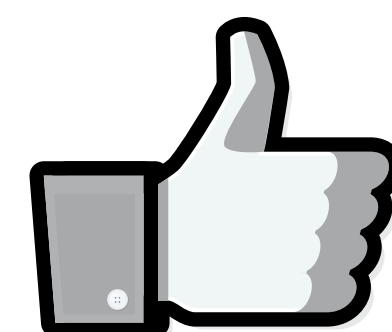
**SEE FRONT DESK STAFF
FOR DETAILS & SIGN UP!**

YOGA FLOW
6:45-7:45

TRX
6:30-7:15

PILATES
6:30-7:15

TRX
6:45-7:30



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