

February 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING CLASSES

5:45-6:30 Shallow Aqua
 8:30-9:15 Shallow Aqua
 8:30-9:30 (A) Stretch & Flex
 8:30-9:30 (B) Men's Stretch
 9:15-10:15 Deep Aqua
 9:30-10:30 Shallow Aqua
 9:30-10:30 (A) Aerobics
 10:30-11:30 Aqua Arthritis
 11:45-12:15 High Voltage
 12:15-12:45 High Voltage

5:45-6:30 Shallow Aqua
 9:00-10:00 Pilates
 ROOM A
 9:00-9:45 Shallow Aqua
 9:45-10:30 Aqua Tone
 10:00-10:30 Soft Body
 Roller
 ROOM A
 10:30-11:30 Aqua Arthritis

8:30-9:15 Shallow Aqua
 8:30-9:30 (A) Stretch & Flex
 8:30-9:30 (B) Men's Stretch
 9:15-10:15 Deep Aqua
 9:30-10:30 (B) Yoga
 9:30-10:30 Aqua Tone
 10:30-11:30 Aqua Arthritis
 11:45-12:15 High Voltage
 12:15-12:45 High Voltage

5:45-6:30 Shallow Aqua
 9:00-10:00(A) Pilates
 9:00-9:45 Shallow Aqua
 9:45-10:30 Aqua Therapy
 10:00-10:30 (A) Soft Body
 Roller
 10:30-11:30 Aqua Arthritis

5:45-6:30 Shallow Aqua
 8:30-9:15 Shallow Aqua
 8:30-9:30 (A) Stretch & Flex
 8:30-9:30 (B) Men's Stretch
 9:15-10:15 Deep Aqua
 9:30-10:30 Shallow Aqua
 9:30-10:30(A) Circuit
 10:30-11:30 Aqua Arthritis

EVENING CLASSES

5:30-6:30(A) Body Sculpt
 5:30-6:30(B) Yoga
 5:45-6:45 Shallow Aqua
 6:30-7:30 (A) Zumba

5:00-5:30(A) Core
 5:30-6:30(A) Small Group
 Training
 6:30-7:30(A) Zumba

5:45-6:45 Aqua Tone
 6:00-7:00(B) Yoga

5:00-5:30(A) Core
 5:30-6:30(A) Small Group
 Training
 5:30-6:45(B) Yoga

6:30-7:30 (A) Zumba

Facility Hours:

Monday - Thursday: 5:30 AM - 9:00 PM
 Friday: 5:30 AM - 8:00 PM
 Saturday: 8:00 AM - 4:00 PM
 Sunday: 1:00 PM - 6:00 PM

Kids Play Area:

Monday-Friday: 8:30 AM - 11:30 AM
 4:30 PM - 7:45 PM
 Saturday: 9:00 AM - 12:00 PM



See schedule on back for classes offered and class time changes

Instructors listed on the back. Last minute changes may occur without notice due to unforeseen schedule issues.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-Jan 5:45am James 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Sandra 9:15am Sandra 9:30am Barbara 9:30am Ruby 10:30am Ruby 5:30pm Jodie (Sculpt) 5:45pm Brea 6:30pm Naomi	30-Jan 5:45am Tracie 8:30am Alexis 9:00am Alexis 9:00am Ruby 9:45am Ruby 10:00am Alexis 10:30am Ruby 5:00pm Brea 5:30pm Brea 6:30pm Victoria	31-Jan 8:30am Eric (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Sam 9:30am Mary 10:30am Mary 5:45pm James 6:00pm Phelicia	1-Feb 5:45am Sandra 8:30am Carol 9:00am Carol 9:00am Brea 9:45am Mary 10:00am Carol 10:30am Mary 5:00pm Mallory (SGT) 5:30pm Mallory 5:30pm Sam (Yoga)	2-Feb 5:45am Brea 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Barbara 9:30am Sandra 10:30am Mary 6:30pm Victoria
5-Feb 5:45am James 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Barbara 9:30am Sandra 10:30am Mary 11:45am Eric 12:15pm Eric 5:30pm Phelicia (Yoga) 5:30pm Jodie (Sculpt) 5:45pm Brea 6:30pm Naomi	6-Feb 5:45am Tracie 9:00am Barbara 9:00am Leah 9:45am Leah 10:00am Eric 10:30am Mary 5:00pm Brea 5:30pm Brea 6:30pm Victoria	7-Feb 8:30am Eric (S&F) 8:30am Sam (Men's) 8:30am Leah 9:15am Leah 9:30am Sam 9:30am Ruby 10:30am Ruby 11:45am Eric 12:15pm Eric 5:45pm James 6:00pm Phelicia	8-Feb 5:45am Sandra 9:00am Carol 9:00am Brea 9:45am Mary 10:00am Carol 10:30am Mary 5:00pm Mallory 5:30pm Mallory (SGT) 5:30pm Sam (Yoga)	9-Feb 5:45am Brea 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Kim 9:15am Kim 9:30am Ruby 9:30am Barbara 10:30am Ruby 6:30pm Victoria
12-Feb 5:45am James 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Barbara 9:30am Sandra 10:30am Mary 11:45am Eric 12:15pm Eric 5:30pm Phelicia (Yoga) 5:30pm Jodie (Sculpt) 5:45pm Brea 6:30pm Naomi	13-Feb 5:45am Tracie 9:00am Barbara 9:00am Leah 9:45am Leah 10:00am Eric 10:30am Mary 5:00pm Brea 5:30pm Brea 6:30pm Victoria	14-Feb 8:30am Eric (S&F) 8:30am Sandra (Men's) 8:30am Leah 9:15am Leah 9:30am Sam 9:30am Ruby 10:30am Ruby 11:45am Eric 12:15pm Eric 5:45pm James 6:00pm Phelicia	15-Feb 5:45am Sandra 9:00am Carol 9:00am Brea 9:45am Mary 10:00am Carol 10:30am Mary 5:00pm Brea 5:30pm Brea (SGT) 5:30pm Sam (Yoga)	16-Feb 5:45am Brea 8:30am Barbara (S&F) 8:30am Sandra (Men's) 8:30am Kim 9:15am Kim 9:30am Sandra 9:30am Ruby 10:30am Ruby 6:30pm Victoria
19-Feb 5:45am James 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Barbara 9:30am Sandra 10:30am Mary 11:45am Eric 12:15pm Eric 5:30pm Phelicia (Yoga) 5:30pm Jodie (Sculpt) 5:45pm Brea 6:30pm Naomi	20-Feb 5:45am Tracie 9:00am Barbara 9:00am Leah 9:45am Leah 10:00am Eric 10:30am Mary 5:00pm Brea 5:30pm Brea 6:30pm Victoria	21-Feb 8:30am Eric (S&F) 8:30am Sandra (Men's) 8:30am Breanda 9:15am Breanda 9:30am Sam 9:30am Ruby 10:30am Ruby 11:45am Eric 12:15pm Eric 5:45pm James 6:00pm Phelicia	22-Feb 5:45am Sandra 9:00am Carol 9:00am Leah 9:45am Mary 10:00am Carol 10:30am Mary 5:00pm Mallory 5:30pm Mallory (SGT) 5:30pm Sam (Yoga)	23-Feb 5:45am Brea 8:30am Sandra (S&F) 8:30am Casey (Men's) 8:30am Kim 9:15am Kim 9:30am Ruby 9:30am Sandra 10:30am Ruby 6:30pm Victoria
26-Feb 5:45am James 8:30am Barbara (S&F) 8:30am Casey (Men's) 8:30am Ruby 9:15am Ruby 9:30am Barbara 9:30am Sandra 10:30am Mary 11:45am Eric 12:15pm Eric 5:30pm Phelicia (Yoga) 5:30pm Jodie (Sculpt) 5:45pm Brea	27-Feb 5:45am Tracie 9:00am Barbara 9:00am Leah 9:45am Leah 10:00am Eric 10:30am Mary 5:00pm Brea 5:30pm Brea 6:30pm Victoria	28-Feb 8:30am Eric (S&F) 8:30am Casey (Men's) 8:30am Leah 9:15am Leah 9:30am Sam 9:30am Ruby 10:30am Ruby 5:30pm Sam 11:45am Eric 12:15pm Eric 5:45pm James 6:00pm Phelicia		