

August 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	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 12:00-12:30 High Voltage Circuit Training 12:15-1:00 Creative Dance & Movement 3:30-4:15 Princess & Fairytale Jazz & Ballet	5:45-6:30 Shallow Aqua 8:30-9:30(A) Gentle Pilates 9:30-10:00(A) Pilates 9:00-9:45 Shallow Aqua 9:45-10:30 Aqua Tone 10:00-10:30(A) Soft Body Roller 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 Line Dancing (NEW!) 9:30-10:30 Aqua Tone 10:30-11:30 Aqua Arthritis 11:45-12:15 High Voltage Circuit Training 12:15-12:45 High Voltage Circuit Training	8:30-9:30(A) Gentle Pilates 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 12:00-12:30 High Voltage Circuit Training	9:30-10:30(B) Tap Dancing (Begins 8/25) 10:30-11:30 Zumba 11:45-12:45 Hip Hop Dance (Ages 6-9) 1:30-2:30 Hip Hop (NEW!) (Ages 10-13)
EVENING	5:30-6:30 Yoga 5:30-6:30 Zumba Step (NEW!) 5:30-6:45 Shallow Aqua 6:30-7:30 Zumba	5:00-5:30(A) High Voltage Circuit Training 5:30-6:00 Core 6:00-6:30 High Voltage Circuit Training 6:30-7:30(A) Zumba	5:30-6:30(A) Step-N-Sculpt 5:45-6:45 Aqua Tone 6:00-7:00(B) Yoga	5:00-5:30(A) High Voltage Circuit Training 5:30-6:30(A) Core 5:30-6:45(B) Yoga 6:00-6:30 (A) High Voltage Circuit Training	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.

Registration is required for classes highlighted in green.