Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 am Stretch & Flex		8:30-9:30 am Stretch & Flex		8:30-9:30 am Stretch & Flex
8:30-9:15 am Shallow AQUA		8:30-9:15 am Shallow AQUA		8:30-9:15 am Shallow AQUA
	9:00-10:00 am Pilates		9:00-10:00 am Pilates	
9:15-10:15 am Deep AQUA	9:00-10:00 am Shallow AQUA	9:15-10:15 am Deep AQUA	9:00-10:00 am Shallow AQUA	9:15-10:15 am Deep AQUA
9:30-10:30 am Aerobics		10:45-11:30 am PAIN FREE Jan. 12 – Feb. 16		9:30-10:30 am Circuit
9:30-10:30 am Shallow AQUA		9:30-10:30am Shallow AQUA		9:30-10:30 am Shallow AQUA
10:45-11:15 am *Senior Strength Starts Jan. 10th*			*10:00-11:00 am* *Chair Aerobics Begins* *Jan. 27th*	
5:30-6:30 pm Shallow AQUA	5:45-6:45 pm DEEP AQUA	5:30-6:30 pm Shallow AQUA	5:45-6:45 pm DEEP AQUA	
5:15-6:00 pm Rebounding (mini trampolines)	5:30-6:30 pm Aerobi-lates 30 min. aerobics 30 min. pilates	5:30-6:30 pm JAZZ-aerobics	5:30-6:30 pm Muscle Max	
6:00-7:00 pm ZUMBA	6:30-7:30 pm *Inten*-SATI	6:30-7:30 pm STEP Circuit		6:00-7:00 pm ZUMBA
7:00-7:30pm ZUMBA TONING				7:00-7:30pm ZUMBA TONING

Saturday January 8th	Saturday Jan. 15th	Saturday Jan. 22nd	Saturday Jan. 29th
9am Deep water aqua 9:30am Zumba	9am aqua zumba 9:30am Step Circuit	9am Deep water aqua 9:30am Zumba	9am aqua zumba 9:30am Aerobilates

Facility Hours

Mon-Thurs.

5:30am-9pm

Friday

5:30am-8pm

Saturday

8am – 4pm

Sunday

1-6 pm

JANUARY Exercise Class Schedule