Greenville Aquatic's & Fitness Center

Exercise Class Schedule – October

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 Back 2 Basics Aerobics				9:30-10:30 am Circuit Training
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*				
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 Rebound	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				6:00-7:00 pm ZUMBA
7:00-7:30pm ZUMBA TONING	6:30-7:30 pm ZUMBA	6:30-7:30 pm Cardio Blast	6:30-7:30 pm Bottoms Up!	7:00-7:30pm ZUMBA TONING

Facility Hours of Operation

Mon-Thurs. 530am-9pm, Friday 530am-8pm

Saturday 8am – 4pm, Sunday 1-6 pm