

November 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 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT 12:45-1:00 Creative Dance & Movement 3:30-4:15 Princess & Fairytale Jazz & Ballet	5:45-6:30 Shallow Aqua 9:00-10:00(A) Senior 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 9:30-10:30 Aqua Tone 10:30-11:30 Aqua Arthritis 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT	5:45-6:30 Shallow Aqua 8:30-9:30(A) Senior Pilates 9:00-9:45 Shallow Aqua 9:30-10:30(A) Pilates 9:45-10:30 Aqua Therapy 10:30-11:00 (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 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT	8:30-9:30 Circuit Blaster 9:15-10:15 Shallow Aqua 9:30-10:30 Tap Dancing 10:30-11:30 Zumba 11:45-12:45 Hip Hop Dance (Ages 6-9) 1:15-2:15 Hip Hop (NEW!) (Ages 10-13)
	EVENING	5:30-6:30 (B) Yoga 5:30-6:30 Zumba Step 5:45-6:45 Shallow Aqua 6:30-7:30 Zumba	5:30-6:00 Core Exp 5:30-6:30 Aqua Blast (begins 10/16) 6:00-6:30 HITT 6:30-7:30 (A) Zumba	5:30-6:00 (A) Glute Camp 5:45-6:45 Aqua Tone 6:00-7:00(B) Yoga 6:00-6:30 Core Exp	5:30-6:00(A) Core 5:30-6:45(B) Yoga 6:00-6:30 (A) HITT 6:40-7:40 Jazz	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: 8:30 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.

Holiday Hours: We will be closed November 22nd and will reopen November 23rd at 1 pm.

