

April 2018



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MORNING CLASSES

5:45-6:30	Shallow Aqua	5:45-6:30	Shallow Aqua	8:30-9:15	Shallow Aqua	5:45-6:30	Shallow Aqua	5:45-6:30	Shallow Aqua
8:30-9:15	Shallow Aqua	9:00-10:00	Pilates ROOM A	8:30-9:30 (A)	Stretch & Flex	9:00-10:00(A)	Pilates	8:30-9:15	Shallow Aqua
8:30-9:30 (A)	Stretch & Flex	9:00-9:45	Shallow Aqua	8:30-9:30 (B)	Men's Stretch	9:00-9:45	Shallow Aqua	8:30-9:30 (A)	Stretch & Flex
8:30-9:30 (B)	Men's Stretch	9:45-10:30	Aqua Tone	8:30-9:30 (B)	Men's Stretch	9:45-10:30	Aqua Therapy	8:30-9:30 (B)	Men's Stretch
9:15-10:15	Deep Aqua	10:00-10:30	Soft Body Roller ROOM A	9:15-10:15	Deep Aqua	10:00-10:30 (A)	Soft Body Roller	9:15-10:15	Deep Aqua
9:30-10:30	Shallow Aqua	10:30-11:30	Aqua Arthritis	9:30-10:30 (B)	Yoga	10:30-11:30	Aqua Arthritis	9:30-10:30	Shallow Aqua
9:30-10:30 (A)	Aerobics			9:30-10:30	Aqua Tone			9:30-10:30(A)	Circuit
10:30-11:30	Aqua Arthritis			10:30-11:30	Aqua Arthritis			10:30-11:30	Aqua Arthritis
12:00-12:30	High Voltage			11:45-12:15	High Voltage			12:00-12:30	High Voltage
				12:15-12:45	High Voltage				

EVENING CLASSES

5:30-6:30(A)	Step-N-Sculpt	5:00-5:30(A)	High Voltage	5:30-6:30(A)	Step-N-Sculpt	5:00-5:30(A)	High Voltage		
5:30-6:30(B)	Yoga	5:30-6:00	Core	5:45-6:45	Aqua Tone	5:30-6:30(A)	Core	6:30-7:30 (A)	Zumba
5:45-6:45	Shallow Aqua	6:00-6:30	High Voltage	6:00-7:00(B)	Yoga	5:30-6:45(B)	Yoga		
6:30-7:30 (A)	Zumba	6:30-7:30(A)	Zumba			6:00-6:30 (A)	High Voltage		

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.