

January 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASSES	<p>5:45-6:30 AQUA</p> <p>8:30-9:15 Shallow AQUA</p> <p>8:30-9:30 Stretch & Flex ROOM A</p> <p>8:30-9:30 Men's Stretch ROOM B</p> <p>9:15-10:15 DEEP H2O AQUA</p> <p>9:30-10:30 Shallow AQUA</p> <p>9:30-10:30 CARDIO ROOM A Conditioning</p> <p>10:30-11:30 AQUA Arthritis</p>	<p>5:45-6:30 AQUA</p> <p>8:30-9:00 Hands & Feet ROOM A Therapy</p> <p>9:00-10:00 Pilates ROOM A</p> <p>9:00-9:45 Shallow AQUA</p> <p>9:45-10:30 AQUA TONE</p> <p>10:00-10:30 Soft Body ROOM A Roller</p> <p>10:30-11:30 AQUA Arthritis</p>	<p>8:30-9:15 Shallow AQUA</p> <p>8:30-9:30 Stretch & Flex ROOM A</p> <p>8:30-9:30 Men's Stretch ROOM B</p> <p>9:15-10:15 DEEP H2O AQUA</p> <p>9:30-10:30 Yoga ROOM B</p> <p>9:30-10:30 AQUA TONE</p> <p>10:30-11:30 AQUA Arthritis</p>	<p>5:45-6:30 AQUA</p> <p>8:30-9:00 Hands & Feet ROOM A Therapy</p> <p>9:00-10:00 Pilates ROOM A</p> <p>9:00-9:45 Shallow AQUA</p> <p>9:45 Aqua Therapy</p> <p>10:00-10:30 Soft Body Roller ROOM A</p> <p>10:30-11:30 AQUA Arthritis</p>	<p>5:45-6:30 AQUA</p> <p>8:30-9:15 Shallow AQUA</p> <p>8:30-9:30 Stretch & Flex ROOM A</p> <p>8:30-9:30 Men's Stretch ROOM B</p> <p>9:15-10:15 DEEP H2O AQUA</p> <p>9:30-10:30 Shallow AQUA</p> <p>9:30-10:30 CIRCUIT ROOM A</p> <p>10:30-11:30 AQUA Arthritis</p>
EVENING CLASSES	<p>5:30-6:30 BODY Sculpt ROOM A</p> <p>5:45-6:45pm Aqua Aerobics</p> <p>6:30-7:30 Zumba ROOM A</p>	<p>5:00-5:30 CORE ROOM A</p> <p>5:30-6:30 Small Group ROOM A Training</p> <p>6:30-7:30 Zumba ROOM A</p>	<p>5:45-6:45 AquaTone</p> <p>6:00-7:00 Yoga ROOM B</p>	<p>5:00-5:30 CORE ROOM A</p> <p>5:30-6:30 Small Group ROOM A Training</p> <p>5:30-6:45 Yoga ROOM B</p>	<p>6:30-7:30 Zumba ROOM A</p>

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



Holiday Hours: CLOSED January 1, 2018 & January 15th, 2018

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.