

# June 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**  
 12:00-12:30 **High Voltage Circuit Training**

5:45-6:30 **Shallow Aqua**  
 8:30-9:30(A) **Gentle Pilates**  
 9:00-10:00(A) **Pilates**  
 9:00-9:45 **Shallow Aqua**  
 9:45-10:30 **Aqua Tone**  
 10:00-10:30 **Soft Body Roller ROOM A**  
 10:30-11:30 **Aqua Arthritis**  
 12:15-1:00 **Creative Dance & Movement**  
 1:15-2:00 **Princess & Fairytale Jazz & Ballet**

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 **Aqua Tone**  
 10:30-11:30 **Aqua Arthritis**  
 11:45-12:15 **High Voltage Circuit Training**  
 12:15-12:45 **High Voltage Circuit Training**

8:30-9:30(A) **Gentle Pilates**  
 9:00-10:00(A) **Pilates**  
 9:00-9:45 **Shallow Aqua**  
 9:45-10:30 **Aqua Therapy**  
 10:00-10:30 (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**  
 12:00-12:30 **High Voltage Circuit Training**

9:30-10:30(B) **Tap Dancing**  
 10:30-11:30 **Zumba**  
 11:45-12:45 **Hip Hop Dance (Starts June 16th)**

### EVENING

5:00-5:30(A) **Burn to Firm (Starts June 11th)**  
 5:30-6:30(A) **Step-N-Sculpt**  
 5:30-6:30(B) **Yoga**  
 5:30-6:45 **Shallow Aqua**  
 6:30-7:30 (A) **Zumba**

5:00-5:30(A) **High Voltage Circuit Training**  
 5:30-6:00 **Core**  
 6:00-6:30 **High Voltage Circuit Training**  
 6:30-7:30(A) **Zumba**

5:00-5:30(A) **Burn to Firm (Starts June 11th)**  
 5:30-6:30(A) **Step-N-Sculpt**  
 5:45-6:45 **Aqua Tone**  
 6:00-7:00(B) **Yoga**

5:00-5:30(A) **High Voltage Circuit Training**  
 5:30-6:30(A) **Core**  
 5:30-6:45(B) **Yoga**  
 6:00-6:30 (A) **High Voltage Circuit Training**

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: 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.

Registration is required for classes highlighted in green.