

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 AM— 4:00 PM	7:00 AM— 4:00 PM	7:00 AM— 6:00 PM	7:00 AM— 6:00 PM	7:00 AM— 4:00 PM	8:00 AM— 12:30 PM
Aqua (Pool)	11:00AM Aqua Level 2 2:30 PM Aqua Level 3	11:00AM Aqua Level 1 2:30 PM Aqua Level 3	11:00AM Aqua Level 2 2:30 PM Aqua Level 3	11:00AM Aqua Level 1 2:30 PM Aqua Level 3	11:00AM Aqua Level 2 2:30 PM Aqua Level 3	Open Swim 10:30 Joyful Joints (Aerobic and Range of Motion)
Land (M&E Room)	8:30 AM Muscles In Motion 9:30 AM Muscles In Motion 10:30AM Chair Yoga 11:30 AM Kickboxing	9:30 AM Circuit 10:30AM Balance Level 2 11:15AM Balance Level 1 4:00PM Dance	8:30 AM Muscles In Motion 9:30 AM Muscles In Motion 2:30PM Arthritis	9:30 AM Circuit 10:30AM Balance Level 2 11:15AM Balance Level 1	8:30 AM Muscles In Motion 9:30 AM Muscles In Motion 11:00AM Arthritis 1:00PM Kickboxing	Open Gym