

WINTER

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8-9 AM Body Works w/ Dani Rockwell	6-7 AM Yoga w/ Briana Lorenzini	8-9 AM Body Works w/ Dani Rockwell	6-7 AM Yoga w/ Briana Lorenzini	8-9 AM Body Works w/ Dani Rockwell
4-5 PM Aquatics Program w/ Teresa Peterson	7-8 AM Aquatics Program w/ Ginger Weaver		7-8 AM Aquatics Program w/ Ginger Weaver	
	8:15-8:45 AM Stretch for Life w/ Dawn Evans		8:15-8:45 AM Stretch for Life w/ Dawn Evans	
	8:30-9:30 AM Aquatics Program w/ Nancy Entzel		8:30-9:30 AM Aquatics Program w/ Nancy Entzel	
	9-9:45 AM Morning Arthritis w/ Rachel Cure and Miranda Matschke		9-9:45 AM Morning Arthritis w/ Rachel Cure and Miranda Matschke	
			4-5 PM Aquatics Program w/ Teresa Peterson	

