

Class Schedule

<u>MONDAY</u>			
8:00-8:50 am	Deep Water	Cassie	Pool
9:00-9:50 am	Aqua Zumba	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Kristia	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
4:00-4:45 pm	Spin	Vicki	2nd/FI
4:15-5:15 pm	Aqua Cardio Workout	Delia	Pool
* Aqua Cardio Workout Begins October 11th			
4:45-5:30 pm	Step Fusion	Kristia	L/Level
5:15-6:15 pm	Aqua Cardio Workout	Delia	Pool
* Aqua Cardio Workout Begins October 11th			

<u>TUESDAY</u>			
9:00-10:00 am	Zumba	Michelle	L/Level
9:00-9:50 am	Silver Sneaker Splash	Hilary	Pool
10:00-10:50 am	Gentle Aquacise	Karen	Pool
11:00-11:50 am	Aqua Boogie	Kristia	Pool
4:30-5:15 pm	Strength & Tone	Vickie	L/Level
5:10-5:55 pm	Aqua Kick	Hilary	Pool
5:30-6:15 pm	Total Body Bootcamp	Sue	L/Level

<u>WEDNESDAY</u>			
9:00-9:50 am	Hybrid Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Kristia	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
4:00-4:45 pm	Spin	Vicki	2nd/FI
5:00-5:30 pm	CORE	Vicki	L/Level
* CORE Trial September 8- September 29. Continuation pending class attendance. Stay tuned.			

<u>THURSDAY</u>			
9:00-10:00 am	Zumba	Michelle	L/Level
10:00-10:50 am	Gentle Aquacise	Karen	Pool
11:00-11:50 am	Aquacise	Karen	Pool
4:30-5:15 pm	Strength & Tone	Vicki	L/Level
5:00-6:00 pm	Aqua Zumba	Cassie	Pool
5:30-6:15 pm	Total Body Fitness	TJ	L/Level

<u>FRIDAY</u>			
9:00-9:50 am	Deep Water	Julie	Pool
9:00-9:45 am	Silver Sneakers Classic	Hilary	RC
10:00-10:50 am	Aqua Movers	Hilary	Pool
12:15-1:00 pm	Yoga Flow	Robin	L/Level
4:00-4:45 pm	Spin	Vicki	2nd/FI

<u>SATURDAY</u>			
8:00-9:00 a.m.	20-20-20	Vicki	L/Level
9:15-10:15 a.m.	Zumba	Michelle	L/Level

See Website for class descriptions
Fitnesslifestyles.net



Sept 7- Dec 31 Schedule

Holiday Schedule TBD (Nov/Dec)

CLUB HOURS

Monday-Thursday: 5:00 am - 8:30pm
 Friday: 5:00 am - 8:00 pm
 Saturday: 6:00 am - 3:00 pm
 Sunday: 7:00 am - 3:00 pm

NURSERY HOURS

Monday- Friday: 9 AM- 11 AM
 Tuesday & Thursday: 4:30 PM- 6:15 PM
 Saturday: 8 AM- 10:30 AM

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