

Class Schedule

MONDAY

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/Fl
4:15-5:15 pm	Aqua Cardio Workout	Delia	Pool
*Aqua Cardio Workout: last class April 25th			
5:00-6:00 pm	Zumba	Cassie	L/Level
* Begins January 17th			
5:15-6:15 pm	Aqua Cardio Workout	Delia	Pool
*Aqua Cardio Workout: last class April 25th			

TUESDAY

8:15-8:45 am	Stretch	Kristia	L/Level
9:00-10:00 am	Zumba	Michelle	L/Level
9:00-9:50 am	Silver Sneaker Splash	Hilary	Pool
10:00-10:50 am	Aqua Boogie	Kristia	Pool
11:00-11:50 am	Gentle Aquacise	Karen	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

WEDNESDAY

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/Fl
5:00-5:30 pm	CORE	Vicki	L/Level

THURSDAY

9:00-10:00 am	Zumba	Michelle	L/Level
10:00-10:50 am	Gentle Aquacise	Karen	Pool
11:00-11:50 am	Aquacise	Jayne	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

FRIDAY

9:00-9:50 am	Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Classic	Hilary	RC
10:10-11:00 am	Aqua Movers	Hilary	Pool

SATURDAY

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



January 1- May 29 Schedule

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
Monday & Thursday:	4:30 PM- 6:15 PM
Saturday:	8 AM- 10:30 AM

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