

October Group Ex and Aquatics Schedule

Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio BodyPump		Body Pump		Cardio BodyPump	
8:00 AM	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	30 Minute Cycle	Group Strength	*See Membership for more details on Rock Steady Boxing & Martial Arts. *All Classes are 45 minutes unless otherwise noted on the schedule. *Class schedule is subject to change.
	FUSION-Lap	AQSTRENGTH-Lap	MOVEIT-Lap	AQSTRENGTH-Lap	CHANGE IT UP-Lap	
	AQFIT-Therapy	AQFIT-Lap	AQFIT-Therapy	AQFIT-Lap	AQFIT-Therapy	
9:30 AM	Silver Sneakers		Silver Sneakers			
	Yoga Flow			Yoga Flow		
10:00 AM		AQLITE-Therapy		SILVER SPLASH - Therapy		
10:30 AM		Cardio Drumming		Cardio Drumming	Silver Sneakers	
10:45 AM	Gentle Yoga			Gentle Yoga		
	ArthritisX		ArthritisX		ArthritisX	
12:00 PM	Chair Yoga	Silver Sneakers	Yoga Flow	Silver Sneakers		
				Chair Yoga		Lap Pool
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	Therapy Pool
5:30 PM	Body Pump			Body Pump		Studio 1
6:00 PM			Yoga Flow			Studio 2
	AQFIT-Therapy	SWIM&SWEAT-Therapy	SWIM&SWEAT	AQFIT-Therapy	2855 Miller Dr. Suite 101 574-936-2333 www.fitnessforum.biz	Studio 3
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program		North Studio
	Dance2Fit	Step2Fit		Dance2Fit		Cycling Arena

Therapy Pool is closed Tuesday and Thursday 7:45-10:00am and 11:00am-2:00pm for Physical Therapy.

