November 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 Body**Pump**		Body **Pump**		Cardio Body**Pump**	
8:00 AM	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	FINNING-Lap	AQFIT-Lap	Body **Pump**
9:00 AM	Group Strength		Group Strength		Group Strength	*See Membershipformore details on RockSteady Boxing & MartialArts. *All Classes are45minutes unless otherwisenotedon the schedule. *Class schedule issubjectto change.
	FUSION-Lap	AQSTRENGTH-	MOVEIT-Lap	AQSTRENGTH-	CHANGE IT UP-Lap	
	AQFIT-Therapy	Lap AQFIT-Lap	AQFIT-Therapy	Lap 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	
	Chair Yoga	Silver Sneakers	Yoga Flow	Silver Sneakers		
12:00 PM				Chair Yoga		Lap Pool
2:00 PM	Rock Steady Boxing $PaidProgram		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. Suite101 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.



Give Thanks with a Grateful Heart

