



FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM AQUA FIT Carol	8:00 AM AQUA FIT Nourma	8:00 AM AQUA FIT Carol	8:00 AM AQUA FIT Nourma	8:00 AM AQUA FIT Carol
	9:00 AM AQUA FIT Nourma	9:00 AM AQUA FIT Nourma	9:00 AM AQUA FIT Nourma	
10:00 AM CARDIO DRUMMING Janet	10:00 AM CARDIO FIT / SS CLASSIC Nourma	10:00 AM CARDIO FIT / SS CLASSIC Nourma	10:00 AM CARDIO FIT / SS CLASSIC Nourma	
	10:00 AM DEEP & SHALLOW AQUA FIT Carol		10:00 AM DEEP & SHALLOW AQUA FIT Carol	
11:00 AM SENIOR YOGA / SS YOGA Amy	11:00 AM SENIOR YOGA / SS YOGA Carol		11:00 AM SENIOR YOGA / SS YOGA Carol	
	11:30 AM AQUA ZUMBA Janet			
	12:00 PM FIT SENIORS / SS BOOM Carol		12:00 PM FIT SENIORS / SS BOOM Carol	
	12:30 PM AQUA YOGA Janet	12:30 PM CARDIO DRUMMING Janet		

***Please stop by the front desk prior to the class to check in.
Classes are offered on a first-come, first-serve basis.***

Check our website for a list of class descriptions!