

# 2018 SCHEDULE



**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

## MORNING CLASSES

## W A T E R    A E R O B I C S

**AQUA FIT**  
9:30-10:15

**AQUA SPLASH**  
9:30-10:15

**CARDIO BLAST**  
9:30-10:15

**NICE & EASY**  
9:30-10:15

**HYDRO TONE**  
9:30-10:15

**AQUA**  
10:00-10:45

**ARTHRITICS**  
10:30-11:15

**AQUA YOGA**  
10:30-11:15

**ARTHRITICS**  
10:30-11:15

**AQUA YOGA**  
10:30-11:15

## EVENING CLASSES

## W A T E R    A E R O B I C S

**CARDIO SPLASH**  
6:30-7:15

**H2O EXPRESS**  
6:30-7:15

**AQUA FIT**  
6:30-7:15

**AQUA TURBO**  
6:30-7:15

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

## MORNING CLASSES

## L A N D    A E R O B I C S

**SCULPT**  
9:15-10:00

**HI-LO CARDIO**  
9:00-9:45

**CIRCUIT TRAINING**  
9:00-9:45

**YOGA**  
9:00-10:00

**PILATES**  
9:00-10:00

**PILATES**  
11:00-11:45

## EVENING CLASSES

## L A N D    A E R O B I C S

**SPIN**  
5:30-6:15

**KETTLEBELL**  
5:30-6:20

**SPIN**  
5:15-6:00

**SPIN**  
5:30-6:15

**SEE FRONT DESK STAFF FOR DETAILS & SIGN UP!**

**YOGA FLOW**  
6:30-7:30

**TRX**  
6:30-7:15

**TRX**  
6:45-7:30



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