

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	**INTERVAL CIRCUIT Patti		**INTERVAL CIRCUIT Patti		**Spin & Tone Patti	
8:00 AM	**MAT PILATES Patti		**MAT PILATES Patti		**MAT PILATES Nikki	
9:00 AM	**MUSCLE MIX-GYM Irene	**ZUMBA Laura/Madhu	**MUSCLE MIX Irene	**ZUMBA Laura/Madhu	*CHAIR FITNESS COMBO - GYM Dee Ann	**ZUMBA Kelly
9:00 AM	*DANCE 101/YOGA 101 Dee Ann		*CHAIR FITNESS COMBO - GYM Dee Ann		**KICKBOXING Irene	
10:00 AM	*CHAIR YOGA-GYM Dee Ann		**MIDLEVEL YOGA Irene		RESTORATIVE YOGA-GYM Dee Ann	**MIDLEVEL YOGA Irene
10:00 AM			*CHAIR YOGA-Gym /Dee Ann			
10:15 AM	*BEGINNING TAI CHI Irene - 30 min	***HIGH LEVEL YOGA SCULPT Nikki		***HIGH LEVEL YOGA SCULPT Terri	*BEGINNING TAI CHI Irene - 30 min	
11:15 AM	***ADVANCED TAI CHI Larry	**STEP Patti	***ADVANCED TAI CHI Larry	**INTERVAL CIRCUIT Terri	***ADVANCED TAI CHI Larry	
12:30 PM	*HEALTHY BACK & CORE Nikki	GOLDEN SWANS (Private Class)	*HEALTHY BACK & CORE Nikki			
4:00 PM		*TAI CHI BALANCE Carole		*TAI CHI BALANCE Carole		
4:30 PM			*CHAIR YOGA Darendia			
5:00 PM		*EASY YOGA - 30 MIN Monica		*EASY YOGA - 30 MIN Monica		
5:30 PM	**INTERVAL CIRCUIT Kelly	***YOGA FLOW Monica	**INTERVAL CIRCUIT Kelly	***YOGA FLOW Monica		
6:00 PM						
6:30 PM	*SCULPT & TONE Kelly		***ZUMBA Kelly	BELLY DANCING Tasha		

* BEGINNER LEVEL
** INTERMEDIATE LEVEL
*** ADVANCED LEVEL

POOL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		AQUATIC ATHLETICS-Susan		AQUATIC ATHLETICS-Susan		
9:00 AM		AQUA ENERGY-Betty		AQUA ZUMBA - Keeley	AQUA ENERGY-Betty	AQUA ZUMBA-Keeley
10:15 AM		AQUA ENERGY-Betty		AQUA TABATA- Dee Ann		
4:00 PM	POWER AQUA-Vanessa		AQUA ZUMBA-Keeley			
5:30 PM		AQUATIC ATHLETICS-Susan		AQUATIC ATHLETICS-Susan		
6:30 PM		MIX-IT-UP AQUATICS-Susan		MIX-IT-UP AQUATICS-Susan		