

Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	8:45 - 9:30 am Water Fitness M \$0 PP \$65	10 - 10:45 am Have A Seat M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65	9 - 9:45 am CircuitTraining Advance M \$0 PP \$40
9:45 - 10:30 am Water Arthritis M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65	10 - 10:45 am Silver Sneakers Classic M \$0 PP \$65	11 - 11:45 am Gentle Lift M \$0 PP \$65		10 - 10:45 am CircuitTraining Beg/intermediate M \$0 PP \$40
10 - 10:45 am Silver Sneakers Classic M \$0 PP \$65	5:15 - 6:15 pm Cardio Step M \$0 PP \$65	9:45 - 10:30 am Water Arthritis M \$0 PP \$65			
4:30 - 5:45 pm Strong M \$0 PP \$65		11:30 - 1:00 pm Line Dancing M \$0 PP \$40			
6:30 - 7:15 pm Indoor Cycling M \$0 PP \$65		4:30 - 5:45 pm Strong M \$0 PP \$65			
		5:15 - 6:15 pm Cardio Step M \$0 PP \$65			
		6:30 - 7:15 pm Indoor Cycling M \$0 PP \$65			



All Classes included with your membership.

Subject to change based on instructor availability.

Prices are for a 7 week session not per class.