

AEROBICS SCHEDULE

Morning Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30		Arthritis/Aqua	Arthritis/Aqua	Arthritis/Aqua	Arthritis/Aqua	
9:00	Aqua	Aqua	Aqua	Aqua	Aqua	Aqua (8:45)
9:00	Zumba	Aerobics	Zumba	Aerobics	Zumba	Aerobic Mix
10:00		Yoga		Yoga	Yoga (9:30)	Yoga
10:30	Swinging Seniors		Swinging Seniors		Swinging Seniors	

Evening Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	Aqua	Aqua	Aqua	Aqua		
6:00	Versa Training/Pilates	Kickboxing	Versa Training/ Pilates	Kickboxing		
7:00	Yoga	Zumba	Yoga Aqua Fit-Paid Class	Zumba		
8:00	Aqua		Aqua			

