### 2nd Quarter Fitness Classes

**UPDATED 4/16/19**

#### MONDAY
- **8am**: CLOSED
- **9am**: AICHI 9-10a
- **10am**: HEALTHY JOINT 10-11a
- **11am**: HEALTHY JOINT 11a-12p
- **12pm**: HEALTHY JOINT 12-1p
- **1pm**: HEALTHY BACK 1-2p
- **2pm**: CLOSED
- **3pm**: CLOSED
- **4pm**: CLOSED
- **5pm**: HEALTHY JOINT 5-6p
- **6pm**: AQUA AEROBICS 6-7p
- **7pm**: AQUA AEROBICS 7-8p
- **8pm**: CLOSED

#### TUESDAY
- **8am**: CLOSED
- **9am**: DEEP H2O SWEAT 9-10a
- **10am**: ADAPTIVE AQUAMOVE 10-11a
- **11am**: AQUA AEROBICS 11a-12p
- **12pm**: AQUA ZUMBA 12-1p
- **1pm**: AQUA AEROBICS 1-2p
- **2pm**: CLOSED
- **3pm**: CLOSED
- **4pm**: CLOSED
- **5pm**: HEALTHY JOINT 5-6p
- **6pm**: AQUA AEROBICS 6-7p
- **7pm**: AQUA AEROBICS 7-8p
- **8pm**: CLOSED

#### WEDNESDAY
- **8am**: CLOSED
- **9am**: AICHI 9-10a
- **10am**: HEALTHY JOINT 10-11a
- **11am**: AQUA AEROBICS 11a-12p
- **12pm**: AQUA ZUMBA 12-1p
- **1pm**: AQUA AEROBICS 1-2p
- **2pm**: CLOSED
- **3pm**: CLOSED
- **4pm**: CLOSED
- **5pm**: HEALTHY JOINT 5-6p
- **6pm**: AQUA AEROBICS 6-7p
- **7pm**: AQUA AEROBICS 7-8p
- **8pm**: CLOSED

#### THURSDAY
- **8am**: BETTER BONES & BALANCE 8-9a
- **9am**: SIT-N-FIT 9:40 - 10:30a
- **10am**: INCLUSIVE M.A. 10:35 - 11:30a
- **11am**: ENHANCE FITNESS 1-2p
- **12am**: CORE-N-MORE 12:30-1:30p
- **1pm**: WALK 15 1:15-1:45p
- **2pm**: WALK 15 1:15-1:45p
- **3pm**: CLOSED
- **4pm**: CLOSED
- **5pm**: CLOSED
- **6pm**: CHAIR YOGA 6:00-7:00p
- **7pm**: CLOSED
- **8pm**: CLOSED

#### FRIDAY
- **8am**: BETTER BONES & BALANCE 8-9a
- **9am**: SIT-N-FIT 9:40 - 10:30a
- **10am**: INCLUSIVE M.A. 10:35 - 11:30a
- **11am**: ENHANCE FITNESS 1-2p
- **12am**: CORE-N-MORE 12:30-1:30p
- **1pm**: WALK 15 1:15-1:45p
- **2pm**: WALK 15 1:15-1:45p
- **3pm**: BEGINNER YOGA 4:00-5:00p
- **4pm**: CLOSED
- **5pm**: CLOSED
- **6pm**: CHAIR YOGA 2:30-3:30p
- **7pm**: CLOSED
- **8pm**: CLOSED

#### SATURDAY
- **8am**: CLOSED
- **9am**: CLOSED
- **10am**: CLOSED
- **11am**: CLOSED
- **12am**: CLOSED
- **1pm**: CLOSED
- **2pm**: CLOSED
- **3pm**: CLOSED
- **4pm**: CLOSED
- **5pm**: CLOSED
- **6pm**: CLOSED
- **7pm**: CLOSED
- **8pm**: CLOSED

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**Aquatic Fitness**

- **8am**: SWIM LESSONS/SCHOOL
- **9am**: SWIM SCHOOL
- **10am**: SWIM SCHOOL
- **11am**: SWIM SCHOOL
- **12pm**: SWIM SCHOOL
- **1pm**: SWIM SCHOOL
- **2pm**: SWIM SCHOOL
- **3pm**: SWIM SCHOOL
- **4pm**: SWIM SCHOOL
- **5pm**: SWIM SCHOOL
- **6pm**: SWIM SCHOOL
- **7pm**: SWIM SCHOOL
- **8pm**: SWIM SCHOOL

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**Land Fitness**

- **8am**: Land-Gym
- **9am**: Land-Gym
- **10am**: Land-Gym
- **11am**: Land-Gym
- **12am**: Land-Gym
- **1pm**: Land-Gym
- **2pm**: Land-Gym
- **3pm**: Land-Gym
- **4pm**: Land-Gym
- **5pm**: Land-Gym
- **6pm**: Land-Gym
- **7pm**: Land-Gym
- **8pm**: Land-Gym