

AQUA CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POOL HOURS 8:30AM-7:00PM	POOL HOURS 8:30AM-6:00PM	POOL HOURS 8:30AM-7:00PM	POOL HOURS 8:30AM-6:00PM	POOL HOURS 8:30AM-6:00PM
AI CHI 9:00-10:00AM	AQUA ARTHRITIS 8:45-9:30AM	AI CHI 9:00-10:00AM	AQUA ARTHRITIS 8:45-9:30AM	AI CHI 9:00-10:00AM
HEALTHY JOINT 10:15-11:00AM	BRAIN, BODY, BALANCE 10:00-10:45AM	HEALTHY JOINT 10:15-11:00AM	BRAIN, BODY, BALANCE 10:00-10:45AM	HEALTHY JOINT 10:15-11:00AM
AQUA AEROBICS 11:15AM-12:00PM	AQUA ARTHRITIS 12:00-12:-45PM	AQUA AEROBICS 11:15AM-12:00PM	AQUA ARTHRITIS 12:00-12:-45PM	AQUA AEROBICS 11:15AM-12:00PM
AQUA CORE 1:00-1:45PM	AQUA YOGA 1:00-1:45PM	AQUA CORE 1:00-1:45PM		AQUA ARTHRITIS 12:00-12:-45PM
AQUA ARTHRITIS 2:15-3:00PM	TRANQUIL TIME 2:00-3:00PM	AQUA ARTHRITIS 2:15-3:00PM	TRANQUIL TIME 2:00-3:00PM	AQUA CORE 1:00-1:45PM
CLOSED FOR PRIVATE SESSIONS 3-5PM		CLOSED FOR PRIVATE SESSIONS 3-5PM		
AQUA AEROBICS 4:30-5:15PM		AQUA AEROBICS 4:30-5:15PM		AQUA AEROBICS 4:30-5:15PM
AQUA AEROBICS 5:30-6:15PM		AQUA AEROBICS 5:30-6:15PM		AQUA AEROBICS 5:30-6:15PM

LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FACILITY HOURS 8:30AM-7:00PM	POOL HOURS 8:30AM-6:00PM	POOL HOURS 8:30AM-7:00PM	POOL HOURS 8:30AM-6:00PM	POOL HOURS 8:30AM-6:00PM
	FALLS PREVENTION 10:30-11:00AM	LAND ARTHRITIS 8:45-9:30AM	FALLS PREVENTION 10:30-11:00AM	
	TAI CHI 11:00-11:45AM		TAI CHI 11:00-11:45AM	