

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am		Arthritis 8:45-9:30a		Arthritis 8:45-9:30a	
9:00am	Ai Chi 9:00-9:45a		Ai Chi 9:00-9:45a		Ai Chi 9:00-9:45a
9:30am					
10:00am	Healthy Joint 10:15-11:00a		Healthy Joint 10:15-11:00a		Healthy Joint 10:15-11:00a
10:30am					
11:00am	Aqua Aerobics 11:15a-12:00p		Aqua Aerobics 11:15a-12:00p		Aqua Aerobics 11:15a-12:00p
11:30am					
12:00pm					
12:30pm					
1:00pm	Aqua Core 1:00-1:45p		Aqua Core 1:00-1:45p		Aqua Core 1:00-1:45p
1:30pm					
2:00pm	Deep Water 2:00-2:30p		Deep Water 2:00-2:30p		
2:30pm					
3:00pm	Arthritis 3:15-4:00p		Arthritis 3:15-4:00p		
3:30pm					
4:00pm					
4:30pm					
5:00pm	Beg. Aqua Aerobics 5:00-5:45p		Beg. Aqua Aerobics 5:00-5:45p		
5:30pm					