

### 3rd Quarter Aqua and Land Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am						
9am	AI CHI 9-10a	DEEP H2O 9-10a	AI CHI 9-10a	DEEP H2O 9-10a	AI CHI 9-10a	
10am	HEALTHY JOINT 10-11a	AD.AQUAMOVE 10-11a	HEALTHY JOINT 10-11a	AD.AQUAMOVE 10-11a	HEALTHY JOINT 10-11a	AQUA AEROBICS 10-11a
11am	HEALTHY JOINT 11-a-12p	AQUA AEROBICS 11a-12p	HEALTHY JOINT 11-a-12p	AQUA AEROBICS 11a-12p	HEALTHY JOINT 11-a-12p	
12pm		AQUA ZUMBA 12-1p		AQUA ZUMBA 12-1p		
1pm	HEALTHY BACK 1-2p	AQUA AEROBICS 1-2p	HEALTHY BACK 1-2p	AQUA AEROBICS 1-2p	HEALTHY BACK 1-2p	
2pm						
3pm						
4pm						
5pm	HEALTHY JOINT 5-6p		HEALTHY JOINT 5-6p		HEALTHY JOINT 5-6p	
6pm	AQUA AEROBICS 6-7p		AQUA AEROBICS 6-7p		AQUA AEROBICS 6-7p	
7pm		AQUA AEROBICS 7-8p		AQUA AEROBICS 7-8p		
	OPEN SWIM		ADULT SWIM		SWIM LESSONS/SCHOOL GROUPS	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am		BBB 8-9a		BBB 8-9a		
9am		ENHANCE FITNESS 9:30-10:30a		ENHANCE FITNESS 9:30-10:30a		
10am		CORE N MORE 10-10:50a		CORE N MORE 10-10:50a		
11am		INCLUSIVE M.A. 10:35-11:30a		INCLUSIVE M.A. 10:35-11:30a		CHILD'S M.A. 11a-12p
12pm						
1pm	ENHANCE FITNESS 1-2p		ENHANCE FITNESS 1-2p			
2pm						
3pm					CHAIR YOGA 2:30-3:30p	
4pm					BEG. YOGA 4-5p	
5pm						
6pm	CHAIR YOGA 6-7p					
7pm						
	LAND-GYMNASIUM		LAND-CLASSROOM			

## Fitness Class Prices

	<b>Fitness Classes</b>	<b>Member Rate</b>	<b>Non-Member Rate</b>
<b>3 Day/Week</b>	Ai Chi M/W/F 9am	<b>\$27.50</b>	<b>\$52.50</b>
	Healthy Back MWF 1pm		
	Aqua Aerobics M/W/F 6pm		
	Healthy Joint M/W/F 10am, 11am, 5pm		
<b>2 Day/Week<sup>1</sup></b>	Aqua Zumba® T/Th 12pm	<b>\$22.50</b>	<b>\$42.50</b>
	Aqua Aerobics <sup>1</sup> T/Th 11am, 1pm, 7pm		
	Deep H2O Sweat T/Th 9am		
	Adaptive AquaMove T/Th 10am		
	EnhanceFitness® M/W 1pm, T/Th 9:30am		
	Core N More T/Th 10am		
	Better Bones & Balance T/Th 8am		
	Inclusive Martial Arts T/Th 10:35am		
<b>1 Day/Week</b>	Aqua Aerobics Sat 10am <sup>1,2</sup>	<b>\$12.50</b>	<b>\$22.50</b>
	Chair Yoga Fri 2:30pm, Mon 6pm		
	Child's Inclusive Martial Arts Sat 11am		
	Beginners Yoga Fri 4pm		
<b>Drop-In</b>		<b>\$10</b>	<b>\$15</b>

> AquaFit Unlimited - \$95/month <  
**Adult Pool Membership w/ unlimited Aqua Fitness Classes**

<sup>1</sup>SELECT AQUA AEROBICS CLASSES CAN BE COMBINED TO CREATE 3 DAY/WEEK PRICE

<sup>2</sup>NON-MEMBERS WHO REGISTER FOR 3 OR MORE CLASSES RECEIVE A \$10 DISCOUNT OFF TOTAL PRICE  
(CANNOT BE COMBINED WITH OTHER DISCOUNTS)

*\*Prices Listed for Calendar Month. Prices Subject To Change, Verify Prices Before Writing Checks\**