

# AQUA CLASS SCHEDULE

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

# LAND CLASS SCHEDULE

| MONDAY                          | TUESDAY                           | WEDNESDAY                       | THURSDAY                          | FRIDAY                      |
|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|-----------------------------|
| FACILITY HOURS<br>8:30AM-7:00PM | POOL HOURS<br>8:30AM-6:00PM       | POOL HOURS<br>8:30AM-7:00PM     | POOL HOURS<br>8:30AM-6:00PM       | POOL HOURS<br>8:30AM-6:00PM |
|                                 | FALLS PREVENTION<br>10:30-11:00AM | LAND ARTHRITIS<br>8:45-9:30AM   | FALLS PREVENTION<br>10:30-11:00AM |                             |
| SEATED FITNESS<br>10:00-10:30AM | TAI CHI<br>11:00-11:45AM          | SEATED FITNESS<br>10:00-10:30AM | TAI CHI<br>11:00-11:45AM          |                             |
|                                 | CHAIR YOGA<br>1:00-2:00PM         |                                 | CHAIR YOGA<br>1:00-2:00PM         |                             |
|                                 |                                   |                                 |                                   |                             |
|                                 |                                   |                                 |                                   |                             |