

## Spring/Summer Aquatic Fitness Class Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Deep Water Aerobics 8:00-9:00 am	Deep Water Aerobics 8:00-9:00 am			Deep Water Aerobics 8:00-9:00 am	Water Works 8:15-9:15 am
	Senior Shape N Tone 9:00-10:00 am	Senior Shape N Tone 9:00-10:00 am	Senior Shape N Tone 9:00-10:00 am		Senior Shape N Tone 9:00-10:00 am	
	Arthritis Foundation Exercise Program 10:30-11:30 am	Arthritis Foundation Exercise Program 11:15-12:15 pm	Arthritis Foundation Exercise Program 10:30-11:30 am	Arthritis Foundation Exercise Program 11:15-12:15 pm	Arthritis Foundation Exercise Program 10:30-11:30 am	
		Moms in Motion 11:30-12:30 pm <i>(Spring Only)</i>		Moms in Motion 11:30-12:30 pm <i>(Spring Only)</i>		
		Moms in Motion 10:00- 11:00 am <i>(Summer Only)</i>		Moms in Motion 10:00- 11:00 am <i>(Summer Only)</i>		
		Deep Water Aerobics 12:00-1:00 pm 6:30-7:30 pm		Deep Water Aerobics 12:00-1:00 pm 6:30-7:30 pm		

## Spring/Summer 2008 Land Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Rock Hard Abs 8:15-9:00 am
	Senior Walkers 9:00-9:50 am	Tighten N Tone 9:15-10:00 am	Senior Walkers 9:00-9:50 am	Tighten N Tone 9:15-10:00 am	Pilates 9:15-10:00 am	Lower Body Workout 9:15-10:15 am
	Step Infusion 9:15-10:15 am	Osteo/Arthritis 10:15-11:00 am	Step Infusion 9:15-10:15 am	Osteo/Arthritis 10:15-11:00 am	Zumba Gold 10:15-11:15 am	Group Cycling & Toning* 9:35-10:35 am
						Cardio Kickboxing 10:35 – 11:35 am
						Martial Arts for Kids 12:00-1:00 pm
	Low impact 5:30 – 6:15 pm	Zumba 6:00-7:00 pm	Low impact 5:30 – 6:15 pm	Zumba 6:00-7:00 pm		Martial Arts for Kids 1:00-2:00 pm
	Sculpt & Tone 6:30-7:15 pm	Tai Chi** 7:00-8:00 pm	Sculpt & Tone 6:30-7:15 pm			
	Step Infusion 7:30-8:30 pm	Yoga 7:30-8:30 pm	Step Infusion 7:30-8:30 pm	Cardio Kickboxing 7:30-8:30 pm		
		Group Cycling* 7:00-8:00 pm		Group Cycling* 7:00-8:00 pm		

\* Class held on 2<sup>nd</sup> floor cycling area

\*\* Class held in Activity Room