





Fitness Class Schedule



You MUST receive a fitness consultation before attending any fitness classes.

LAND FITNESS	MON	TUES	WED	THURS	FRI
WATER FITNESS	<p>8:15 am Cardio</p> <p>9:30 am Cardio</p> <p>10:45 am Aqua-ritis</p> <p>2:00 pm Silver Splash</p> <p>3:00 pm Open Pool</p> <p>5:00 pm Water Boomers</p> <p>6:00 pm Aqua De-Stress</p>	<p>8:15 am Cardio</p> <p>9:30 am Aqua-ritis</p> <p>10:45 am Arthritis Foundation</p> <p>11:45 am Cardio</p> <p>1:30 pm Cardio</p> <p>2:30 pm Aqua-ritis</p> <p>3:30 pm Aqua Power</p>	<p>8:15 am Cardio</p> <p>9:30 am Cardio</p> <p>10:45 am Aqua-ritis</p> <p></p> <p>2:00 pm Silver Splash</p> <p>3:00 pm Open Pool</p>	<p>8:15 am Cardio</p> <p>9:30 am Aqua-ritis</p> <p>10:45 am Arthritis Foundation</p> <p>11:45 am Cardio</p> <p>1:30 pm Cardio</p> <p>2:30 pm Aqua-ritis</p> <p>3:30 pm Aqua Power</p> <p>5:00 pm Water Boomers</p> <p>6:00 pm Aqua De-Stress</p>	<p>8:15 am Cardio</p> <p>9:30 am Cardio</p> <p>10:45 am Aqua-ritis</p> <p>11:45 am H2O Power</p> <p>2:00 pm Open Pool</p> <p></p>

