

COMBINED LAND EXERCISE AND AQUATICS CLASSES- UPDATED 3/13/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	CLOSED
6:15AM						
6:30AM						
6:45AM						
7:00AM						
7:15AM						
7:30AM						
7:45AM						
8:00AM						
8:15AM	8:30 Ship Shape H2O Aerobics Kim	8:30 Breakfast then Balance Randy	8:30 Ship Shape H2O Aerobics Kim	8:30 Breakfast then Balance Randy	8:30 Ship Shape H2O Aerobics Kim	8:30 Bearfast then Balance Randy
8:30AM						
8:45AM	OPEN SWIM	9:15 Take A Seat Nikki	9:15 Take A Seat Karin	9:15 Take A Seat Karin	9:15 Take A Seat Randy	9:00 Power H2O Aerobics Karen
9:00AM						
9:15AM	10:00 Ship Shape H2O Aerobics Kim	10:00 Sit & Stretch Nikki	10:00 Ship Shape H2O Aerobics Kim	10:00 Sit & Stretch Randy	10:00 Ship Shape H2O Aerobics Kim	10:00 Sit & Stretch Karin
9:30AM						
9:45AM						
10:00AM						
10:15AM						
10:30AM	10:45 Strong Bodies Karin	10:15 Beginner Stability & Balance	10:45 Strong Bodies Nikki	10:45 Strong Bodies Nikki	10:45 Strong Bodies Nikki	
10:45AM						
11:00AM	O2 Physical Therapy for available appointments	OPEN EXERCISE	O2 Physical Therapy for available appointments	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE
11:15AM						
11:30AM						
11:45AM						
12:00						
12:15PM						
12:30PM						
12:45PM						
1:00PM						
1:15PM						
1:30PM	2:00 Ripples Low Impact H2O Nikki					
1:45PM						
2:00PM	OPEN EXERCISE	4:00 Pilates Gwendel				
2:15PM						
2:30PM						
2:45PM						
3:00PM						
3:15PM	3:30 Splash Dance Karin					
3:30PM						
3:45PM	OPEN EXERCISE	5:00 Tai Chi Mr. Cheng				
4:00PM						
4:15PM						
4:30PM	5:30 Splash Dance Lori	6:00 Line Dancing Johnnie Adams				
4:45PM						
5:00PM	OPEN EXERCISE	OPEN until 7:45pm				
5:15PM						
5:30PM	5:30 Splash Dance Lori	OPEN until 8:00pm				
5:45PM						
6:00PM	OPEN until 7:45pm	OPEN until 8:00pm				
6:15PM						
6:30PM	OPEN until 7:45pm	OPEN until 8:00pm				
6:45PM						
8:00PM	OPEN until 7:45pm	OPEN until 8:00pm				