

Fall 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Small Pool	LG Pool	Small Pool	Large Pool	Small Pool	LG Pool	Small Pool	Large Pool	Small Pool	LG Pool	Small Pool	LG Pool
											HydroBike 8:00am
	Deep H2O 9:00am		Deep H2O 9:00am				Deep H2O 9:00am		Deep H2O 9:00am		Deep H2O Run 9:15am
	Aquaticise 9:00am		Hydrobike 9:00am		Aquaticise 9:00am		Hydrobike 9:00am		Aquaticise 9:00am		
Arthritis + 10:00am	MS 10:00am		Aquaticise 10:00am	Arthritis + 10:00am	MS 10:00am		Aquaticise 10:00am	Arthritis + 10:00am	MS 10:00am		
Arthritis 11:00am		Pilates 11:00am		Arthritis 11:00am		Pilates 11:00am		Arthritis 11:00am			Aquaticise 11:00am
		Arthritis + 12:00pm				Arthritis + 12:00pm				Pilates 12:30pm	
										Sunday	
	HydroBike 5:30pm		HydroBike 5:30pm		Deep H2O 5:30pm		HydroBike 5:30pm				
Aquaticise 6:30pm		Pilates 6:30pm		Aquaticise 6:30pm		Aquaticise 6:30pm					
Jump In 7:30pm				Moms 7:15pm							ISUP 4:00pm 1st Sun of month

All fitness classes are 45 minutes long