

Spring 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 Running 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		Aquaticise 10:00am
Arthritis 11:00am	Hydrobike 5:30pm			Arthritis 11:00am	Deep H2O 5:30pm			Arthritis 11:00am	Hydrobike 5:30pm		
		Pilates 12:00pm				Arthritis + 12:00pm		Pilates 12:30pm			
Aquaticise 6:30pm		Pilates 6:30pm		Aquaticise 6:30pm		Aquaticise 6:30pm					
Jump In 7:30pm	Dryland ISUP 7:30pm 1st Mon. of month			Moms 7:15pm							