

Winter 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		Pilates 11:00am		Arthritis 11:00am		Pilates 11:00am		Arthritis 11:00am				
		Arthritis + 12:00pm				Arthritis + 12:00pm						Pilates 12:30pm
		Hydrobike 5:45 Starting Jan.9										
		Deep H2O 5:45		Hydrobike 5:30pm		Deep H2O 5:30pm		Hydrobike 5:30pm				
Aquaticise 6:30pm		Pilates 6:30pm		Aquaticise 6:30pm		Aquaticise 6:30pm						
				Moms 7:15pm								

All fitness classes are 45 minutes long