

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 5:30pm				Hydrobike 5:30pm						Deep H2O 5:30pm	Hydrobike 5:30pm
		Pilates 6:30pm				Pilates 6:30pm						Aquaticise 6:30pm	Aquaticise 6:30pm
Aquaticise 6:30pm													
ISUP (dryland) 7:30pm <b>Katie (1st Monday of each month)</b>				Moms 7:15pm									

All fitness classes are 45 minutes long