

Fall 2019

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 Run 9:15am
	Aquaticise 9:00am		Hydrobike 9:00am								Aquaticise 9:00am	Hydrobike 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					
		Light Aqua 12:00pm				Light Aqua 12:00pm						Pilates 12:30pm	
		Deep H2O 5:30pm				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									

Instructors are subject to change

Classes run 45 minutes regardless of start time