

Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 8:30 – 9:30 AM Level 2	Aqua Fit 8:30 – 9:30 AM Level 2	Aqua Fit 8:30 – 9:30 AM Level 2	Aqua Fit 8:30 – 9:30 AM Level 2	Aqua Fit 8:30 – 9:30 AM Level 2	Pilates Fusion 8:30 – 9:30 AM Level 3
Total Fitness 8:30 – 9:30 AM Level 3	Tai Chi 8:30 – 9:00 AM Levels 1 - 3	Total Fitness 8:30 – 9:30 AM Level 3	Tai Chi 8:30 – 9:00 AM Levels 1 - 3	Total Fitness 8:30 – 9:30 AM Level 3	
	Meditation 9:00 – 9:30 AM Levels 1 - 3		Meditation 9:00 – 9:30 AM Levels 1 - 3		
Aqua Balance in Motion 10:00 – 11:00 AM Levels 1 - 3	Aqua Stretch and Strengthen 10:00 – 11:00 AM Level 1	Aqua Balance in Motion 10:00 – 11:00 AM Levels 1 - 3	Aqua Stretch and Strengthen 10:00 – 11:00 AM Level 1	Aqua Balance in Motion 10:00 – 11:00 AM Levels 1 - 3	
Sit Fit 10:00 – 10:45 AM Levels 1 & 2	Body Moves 10:00 – 10:30 AM Level 1	Sit Fit 10:00 – 10:45 AM Levels 1 & 2	Body Moves 10:00 – 10:30 AM Level 1	Sit Fit 10:00 – 10:45 AM Levels 1 & 2	Sit Fit & Fun 10:00 – 11:00 AM Level 2
Better Balance 11:15 AM – 12:00 PM Levels 1 - 3	Yoga 11:00 AM – 12:00 PM Levels 1-3	Aqua Joint & Muscle Fitness 11:30 AM – 12:15 PM Level 1	Yoga 11:00 AM – 12:00 PM Levels 1-3	Better Balance 11:15 AM – 12:00 PM Levels 1 - 3	
Aqua Joint & Muscle Fitness 11:30 AM – 12:15 PM Level 1			Silver Swans 1:00 – 2:00 PM Levels 1-3		
Tap Dancing 2:00 – 3:00 PM Levels 2 - 3		Tap Dancing 2:00 – 3:00 PM Levels 2 - 3	QiGong 2:15 – 3:00 PM Levels 1-3	Tap Dancing 2:00 – 3:00 PM Levels 2 - 3	
			Rhythm in Motion 3:15 – 4:00 PM Levels 1-3		