

Our Health Club & Spa

Fall 2016 Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.	REFIT (Debbie)	Ageless Grace (Lisa)	REFIT (Debbie)	Ageless Grace (Lisa)	REFIT (Debbie)	Sally Swim Lessons 8:30-10:00	
9:00 a.m.	Kettle Bell (Melissa)	Bodysculpt (Melissa)	Kettle Bell (Melissa)	Core (Kevin)	Low Impact Cardio (Kevin)	Zumba (Erin)	
9:30 a.m.	Abs/Core (Melissa)		Abs/Core (Melissa)				
10:00 a.m.	Yoga (Karen)	Yoga (Karen)	Gentle Yoga (Karen)	Yin Yoga (Patty)	Yoga (Karen)	Aqua Dynamics (Sally)	
10:00 a.m.		Aqua Therapy (Linda)		Aqua Therapy (Linda)			
11:00 a.m.	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)		
11:00 a.m.		AquaDyamics (Emma)		AquaDyamics (Emma)			
12:30p.m.	Silver Sneakers (Lisa)		Silver Sneakers (Lisa)				
3:00 p.m.-5:30 p.m.	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
5:00 p.m.	Cardio Pump (Jeff)	Core (Kevin)		Kettle Bell (Sally)	Zumba (Deborah)	Family Swim 5:00-7:00	Family Swim 4:00-6:00
5:30 p.m.				Spinning (Sally)			
6:00 p.m.	Spinning (Sally)						
6:00 p.m.	AquaDynamics (Sally)		AquaDynamics (Sally)				
6:30 p.m.			Yoga (Jeremy)		Family Swim 6:30-8:30		
7:00 p.m.	Trim & Tone (Sally)						
7:30 p.m.	Yoga (Jeannie)	Family Swim 7:30-9:00		Family Swim 7:30-9:00			