

Orange Header						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spin 7-8		Spin 7-8		
	REFIT 8-9	Ageless Grace 8-9	REFIT 8-9	Ageless Grace 8-9	REFIT 8-9	Spin 8-8:30
	Kettle Bell 9-9:30	Body Sculpt 9-10	Kettle Bell 9-9:30	Step & Sculpt 9-10	20/20/20 9-10	Core 8:30-9
	Core 9:30-10		Pilates 9:30-10			Zumba 9-10
		Aqua Therapy 10-11		Aqua Therapy 10-11		Aqua Dynamics 10-11
		Yoga 10-11		Yin Yoga 10-11		
		Aqua Dynamics 11-12		Aqua Dynamics 11-12		
	Silver Sneakers 11-12	Silver Sneakers 11-12	Silver Sneakers 11-12	Silver Sneakers 11-12	Silver Sneakers 11-12	
	Silver Sneakers 12:30-1:30		Silver Sneakers 12:30-1:30			
	Family Swim 2:30 - 5:30					
	Family Swim 4 - 6 p.m.					
		Hard Core 5-6			Family Swim 6:00 - 8:30 p.m.	Family Swim 5:00 - 7:00 p.m.
	Spin and Yoga 6-7:30			Swing Dancing (Aug. 9th-30th) 6-7		
	Aqua Dynamics 6-7		Aqua Dynamics 6-7	Yoga 6:30-7		
	Family swim hours 7:30 - 9:00 p.m.					