

| Monday 6:30 am - 7:00pm | Tuesday 6:30 am - 7:00pm | Wednesday 6:30 am - 7:00pm | Thursday 6:30 am - 7:00pm | Friday 6:30 am - 5:00pm | Saturday 8:30 am - 12:30pm |
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| <p><u>Land Classes</u> 9:30 Energize</p> <p>3:00 Basic Yoga</p> | <p><u>Land Classes</u> 9:30 Circuit</p> <p>12:00 (New) Tranquil Motions</p> <p>5:00 (New) Pilates Mat Work</p> | <p><u>Land Classes</u> 9:30 Energize</p> | <p><u>Land Classes</u> 9:30 Circuit</p> <p>5:00 (New) Balls & Bands</p> | <p><u>Land Classes</u> 8:30 Having a Ball</p> <p>4:00 (New) SalsAerobics</p> | <p><u>Land</u> 8:30 - 12:30 Independent</p> <p>Work Out</p> |
| <p><u>Water Classes</u> 8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>5:00 Aqua Aerobics</p> | <p><u>Water Classes</u> 11:00 Aqua Combo</p> <p>1:00 H2O Volleyball</p> <p>3:00 Fluid Stability (Balance)</p> | <p><u>Water Classes</u> 8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>3:00 Basic Yoga</p> <p>5:00 Aqua Aerobics</p> | <p><u>Water Classes</u> 11:00 Aqua Combo</p> <p>12:00 Tranquil Motions</p> <p>3:00 Fluid Stability (Balance)</p> | <p><u>Water Classes</u> 9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p> <p>3:00 Aqua Combo</p> | <p><u>Water Classes</u> Open Swim</p> <p>Hydrorider</p> |

