

~Day By Day At A Glance~

AEROBICS SCHEDULE

MONDAY

6:30 - 7:15am	Morning Fitness
8:30 - 9:30am	Step & Tone*
9:30 - 10:30am	Aqua Aerobics*
9:45 - 10:45am	Box & Tone*
11:15 - 12:00pm	Silver Sneakers® Muscular Strength Class
4:30 - 5:30pm	Cardio Pump Intervals
5:45 - 6:45pm	Muscle Mix
7:00 - 8:00pm	Lite Pace Aqua Aerobics
7:00 - 8:00pm	Step Combo (Beginners)

TUESDAY

8:30 - 9:30am	Cardio Pump Intervals*
9:30 - 10:30am	Aqua Interval Training*
9:45 - 10:45am	Step Combo*
11:00 - 11:45am	Silver Sneakers® Cardio
3:30 - 4:30pm	H.E.A.T
5:45 - 6:45pm	Step, Box & Tone
7:00 - 8:00pm	Cardio Pump Intervals
7:30 - 8:30pm	Aqua Aerobics

WEDNESDAY

6:30 - 7:15am	Morning Fitness
8:30 - 9:30am	Step*
9:45 - 10:45am	Muscle Mix*
11:15 - 12:00pm	Silver Sneakers® Muscular Strength Class
12:15 - 1:00pm	Silver Sneakers® YogaStretch®
4:30 - 5:30pm	Step Combo
5:45 - 6:45pm	Step & Tone
7:00 - 8:00pm	Aqua Interval Training
7:00 - 8:00pm	Cardio Pump Intervals

THURSDAY

8:30 - 9:30am	Cardio Pump Intervals*
9:30 - 10:30am	Aqua Aerobics*
9:45 - 10:45am	Cardio Pump Intervals*
5:45 - 6:45pm	Muscle Mix
7:00 - 8:00pm	Box & Tone Intervals
7:30 - 8:30pm	Deep Water Aerobics

FRIDAY

6:30 - 7:15am	Morning Fitness
8:15 - 9:00am	Silver Sneakers® Silver Splash
8:30 - 9:30am	H.E.A.T *
9:00 - 10:00am	Deep Water/Aqua Interval Training*
9:45 - 10:45am	Box & Tone Intervals*
11:00 - 11:45am	Silver Sneakers® Cardio
12:00 - 12:45pm	Silver Sneakers® Muscular Strength Class
6:00 - 7:00pm	Aqua Box Interval Training

SATURDAY

8:30 - 9:30am	Step Combo
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SUNDAY

9:15 - 10:15am	Step & Tone
3:30 - 4:30pm	Lite Pace Aqua Aerobics

CLASSES ARE SUBJECT TO CHANGE

^ Pre-Reg Required

* Babysitting Available for ages 1-6

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SPECIALITY CLASSES

MONDAY

9:00 - 10:00am	Youth Beginner Tennis ^ *
	(Ages 7-10)
10:00 - 11:00am	Youth Beginner Tennis ^ *
	(Ages 10-14)
10:15 - 10:45am	Intro to Yoga *
11:00 - 1:00pm	BOOST^
3:15 - 4:15pm	Group Training ^
5:00 - 6:00pm	Kripula Yoga^
6:15 - 7:15pm	Kripula Yoga^
8:00 - 9:00pm	Easy Flow Dance and Relaxation ^

TUESDAY

9:00 - 10:00am	Adult Beginner Tennis ^ *
10:00 - 11:00am	Youth Advanced Tennis ^ *
	(Ages 7-10; 6/24-7/17)
10:00 - 11:00am	Youth Advanced Tennis ^ *
	(Ages 10-14; 7/29-8/20)
10:15 - 10:45am	Intro to Yoga *
11:00 - 11:30am	Tots Tennis ^
11:00 - 1:00pm	BOOST^
12:00 - 1:00pm	"On the Ball" Pilates^
4:30 - 5:30pm	Children's Creative Movement ^
7:00 - 8:00pm	T'ai Chi ^

WEDNESDAY

9:00 - 10:00am	Youth Beginner Tennis ^ *
	(Ages 7-10)
10:00 - 11:00am	Youth Beginner Tennis ^ *
	(Ages 10-14)
10:00 - 11:00am	Yogalates ^ *
10:15 - 10:45am	Intro to Yoga *
11:00 - 1:00pm	BOOST^
3:15 - 4:15pm	Group Training ^
6:30 - 7:30pm	Advanced Core Mini Ball ^

THURSDAY

9:00 - 10:00am	Adult Beginner Tennis ^ *
10:00 - 11:00am	Youth Advanced Tennis ^ *
	(Ages 7-10; 6/24-7/17)
10:00 - 11:00am	Youth Advanced Tennis ^ *
	(Ages 10-14; 7/29-8/20)
10:15 - 10:45am	Intro to Yoga *
11:00 - 11:30am	Tots Tennis ^
11:00 - 1:00pm	BOOST^
4:30 - 5:30pm	Fitness Yoga^
7:00 - 8:00pm	Sunset Yoga ^
8:00 - 9:15pm	Intermediate Ballroom Dance Instruction ^

FRIDAY

10:45 - 11:45am	Beginner Yoga ^ *
3:15 - 4:15pm	Group Training ^
4:30 - 5:30pm	Children's Creative Movement ^
5:00 - 6:00pm	Yoqua ^
7:00 - 8:00pm	Fusion ^

^ Pre-Reg Required

* Babysitting Available for ages 1-6