

February 2020

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–6:30am	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness	
8:00–9:00am	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness	
8:15–9:15am		Aqua Zumba®		Aqua Zumba®		
8:30–9:30am	Zumba®	Gentle Yoga NEW CLASS!		Gentle Yoga NEW CLASS!	Zumba®	
9:00–10:00am			Zumba®			Zumba® (9:05am)
9:00–10:00am	Aquarobics	Water Fitness (9:15 start)	Aquarobics	Water Fitness (9:15 start)	Aquarobics	
9:30–10:30am	Gentle Yoga	Gentle Yoga		Gentle Yoga	Gentle Yoga	
10:15–11:00am			Hydro X NEW CLASS!			Aqua Zumba®
12:15–12:45pm	Pilates NEW CLASS!	Yoga NEW CLASS!	Pilates NEW CLASS!	Pilates NEW CLASS!	Yoga NEW CLASS!	
3:00–4:00pm	Water Mobility		Water Mobility			
4:30–5:30pm	Barre		Barre			
6:00–7:00pm		Open Boxing		Open Boxing		
7:00–8:00pm	Yoga	Open Boxing	Yoga	Open Boxing		

BLUE = Water classes

GREEN = Land classes

Purple = No instructor / video class

Hours:

Monday - Friday: 5:30am - 8:00pm

Saturday: 9:00am - 5:00pm

Sunday: 12:00pm - 5:00pm

503-982-5288