



Group Exercise Schedule

Monday

8:30-9:00am
Cycling
Elaine

9:00-10:00am
Yoga
Elaine

10:00-10:45am
Water Aerobics
Ray

5:15-6:00pm
Strength Train
Together
Nancy

6:30-7:15pm
Aqua Gym
Jill

Tuesday

8:00-8:45am
Aqua Gym
Ray

10:00-10:45am
Deep Water Therapy
Jill

11:00-12:00pm
Yoga Mobility
Elaine

5:15-6:00pm
Pilates
Cheryl
3rd Floor

Wednesday

10:00-10:45am
Water Aerobics
Ray

5:15-6:00pm
Cycling
Elaine

6:15-7:15pm
Yoga
Elaine

6:30-7:15pm
Aqua Gym
Jill

Thursday

8:00-8:45am
Aqua Gym
Ray

10:00-10:45am
Deep Water Therapy
Jill

5:15-6:00pm
Cycling
Steve

Friday

10:00-10:45am
Water Aerobics
Ray

5:15-6:00pm
Cycling
Elaine

Saturday

9:00-10:00am
Pilates
Cheryl

10:00-11:00am
Zumba
Nancy

1:00-2:00pm
Aqua Zumba
Joanna

**Group Exercise
Classes are FREE
to all full membership
members.
Drop In Guest Fee is
\$15**

****Classes Held
In Pool**

**** Classes Held
In Group
Exercise Room**