



# 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

## 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  
  
\*(Class will start  
Sept. 9th)

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