

5 SUN	6 MON	7 TUE	8 WED	9 THU	10 FRI	11 SAT
	Extreme Interval Step 5:15 AM Michel C.	Cycling 5:15 AM Michel C.	Single Step Bar Interval 5:15 AM Michel C.	Yoga 5:15 AM Mike I.	Cycling 5:15 AM Michel C.	Tabata HIIT 7:00 AM Rachel D.
	Yoga 7:00 AM Janelle M.	Yoga 5:15 AM Mike I.	Tri Fit Swim Workout 6:00 AM Myra F.	Deep Water Fitness 7:30 AM Mary H.	Tri Fit Swim Workout 6:00 AM Myra F.	Extreme Interval Step 7:45 AM Michel C.
	Aquacise 8:15 AM Amy K.	Cardio Interval 7:00 AM Lisa D.	Yoga 7:00 AM Janelle M.	AquaSplash 8:15 AM Josie S.	Aquacise 8:15 AM Bridgett A.	Cycling 9:00 AM Angela P. Tim .
	Mature Muscles 8:30 AM Mathias W.	Deep Water Fitness 7:30 AM Mary H.	Aquacise 8:15 AM Amy K.	Cycling 9:00 AM Michel C.	Mature Muscles 8:30 AM Angela P.	BODYPUMP™ 10:00 AM Karen A.
	BODYPUMP™ 9:15 AM Karen A.	Yoga 8:00 AM Lisa D.	Mature Muscles 8:30 AM Angela P.	Kickboxing 9:30 AM Bridgett C.	Deep Water Fitness 8:45 AM Sue T.	
	ZUMBA 9:30 AM Jc L.	AquaSplash 8:15 AM Claire W.	ZUMBA 9:30 AM Romi D.	Circuit Fusion 10:00 AM Angela P.	AOA 11:00 AM Arlene V.	
	RipTide 9:30 AM Bobbie R.	SILVER SNEAKERS® CARDIO CIRCUIT 8:30 AM Mathias W.	RipTide 9:30 AM Bobbie R.	Free Weights 10:30 AM Michel C.	Chair Yoga 12:00 PM Arlene V.	
	Cardio Interval 10:30 AM Lisa D.	Cycling 9:00 AM Michel C.	Yoga 10:00 AM Chloe W.	Aquarobics 10:45 AM Jeanne F.	Aqua BootCamp 5:00 PM Angela P.	
	Mature Muscles 11:00 AM Mathias W.	Kickboxing 9:30 AM Bridgett C.	Extreme Express 5:00 PM Angela P.	Mature Muscles 11:00 AM Mathias W.	Cycling 5:15 PM Colleen S.	
	Yoga 11:30 AM Lisa D.	Circuit Fusion 10:00 AM Angela P.	BODYPUMP™ 5:30 PM Karen A.	Step Cardio 4:45 PM Angela P.	BODYCOMBAT™ 5:30 PM Karen A.	
	Extreme Interval Step 5:00 PM Michel C.	Free Weights 10:30 AM Michel C.	ZUMBA 6:00 PM Colleen H.	StrengthTraining 5:00 PM Michel C.	Kickboxing 6:15 PM Angela P.	
	Tabata HIIT 5:00 PM Angela P.	Aquarobics 10:45 AM Jeanne F.	Cycling 6:30 PM Angela P. Tim .	BODYPUMP™ 6:00 PM Karen A.		
	Cycling 6:00 PM Colleen S.	Yoga 11:00 AM Chloe W.		Cycling 6:30 PM Angela P. Tim .		
	BODYCOMBAT™ 6:00 PM Karen A.	StrengthTraining 5:00 PM Michel C.				
	ZUMBA 6:00 PM Romi D.	WERQ 5:00 PM Kari D.				
		BODYPUMP™ 6:00 PM Karen A.				
		ZUMBA 6:00 PM Hope K.				

7/8/2020

Aquacise

7:00 PM

Jodie Antreassian j.