

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|-----------------------------|------------------------------|--|------------------------------|----------------------------|-------------------|
| 5:00a – 6:00a | Indoor Cycling | Indoor Cycling (Jennifer) | | Indoor Cycling (Jennifer) | | CLOSED |
| 7:00a – 8:00a | BODYPUMP | | BODYPUMP | | | |
| 8:00a – 9:00a | Hi/Lo Aerobics w/ abs | BODYPUMP | Pilates | BODYPUMP | Cardio/ Barre & Core | Indoor Cycling |
| 9:00a – 10:00a | Yoga | Yoga (9:00a-10:30a) | | Yoga (9:00a-10:30a) | | |
| 10:00a – 11:00a | Simply Stretching | | Simply Stretching | | Simply Stretching | |
| 11:00a – 12:00p | Parkinson's Exercise | | Parkinson's Exercise | | Parkinson's Exercise | |
| 12:00p – 1:00p | | Pilates | Pilates | Pilates | | |
| 1:00p – 2:00p | | Circuits | | Circuits | | |
| 4:00p – 5:00p | | | KICKBOXING | | | CLOSED |
| 4:30p – 5:30p | KICKBOXING | BODYPUMP | | BODYPUMP | | CLOSED |
| 5:30p – 6:30p | Indoor Cycling (Melodye) | Indoor Cycling (Melodye) | Indoor Cycling (Robby) 5:00 – 6:00 | Indoor Cycling (Melodye) | | CLOSED |
| 6:30p – 7:30p | Indoor Cycling (Melodye) | Indoor Cycling (Melodye) | | Indoor Cycling (Melodye) | | |

WELLNESS CENTER AEROBICS CLASSES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------|-------------------|-----------|-------------------|--------|----------|--------|
| 5a-6a | Open | Open | Open | Open | Open | **** | **** |
| 6a-7a | Open | Open | Open | Open | Open | Open | **** |
| 7a-8a | Open | Open | Open | Open | Open | Open | **** |
| 8a-9a | Open | Senior Aquatics | Open | Senior Aquatics | **** | Open | **** |
| 9a-10a | **** | Senior Aquatics | **** | Senior Aquatics | **** | Open | **** |
| 10a-11a | **** | Senior Aquatics | **** | Senior Aquatics | **** | Open | **** |
| 11a-12p | **** | Open | **** | Open | **** | Open | **** |
| 12p-1p | Open | Senior Aquatics | Aquatics | Senior Aquatics | Open | Open | **** |
| 1p-2p | **** | **** | **** | **** | **** | **** | Open |
| 2p-3p | **** | **** | **** | **** | **** | **** | Open |
| 3p-4p | **** | **** | **** | **** | **** | **** | Open |
| 4p-5p | Advanced Aquatics | Advanced Aquatics | Open | Advanced Aquatics | Open | **** | **** |
| 5p-6p | Advanced Aquatics | Advanced Aquatics | Open | Advanced Aquatics | Open | **** | **** |
| 6p-7p | Open | Open | Open | Open | **** | **** | **** |
| 7p-8p | Open | Open | Open | Open | **** | **** | **** |
| 8p-9p | Open | Open | Open | Open | **** | **** | **** |
| 9p-10p | **** | **** | **** | **** | **** | **** | **** |

WELLNESS

CENTER

WATER

AEROBICS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------|-------------------|-----------|-------------------|--------|----------|--------|
| 5a-6a | Open | Open | Open | Open | Open | **** | **** |
| 6a-7a | Open | Open | Open | Open | Open | Open | **** |
| 7a-8a | Open | Open | Open | Open | Open | Open | **** |
| 8a-9a | Open | Senior Aquatics | Open | Senior Aquatics | **** | Open | **** |
| 9a-10a | **** | Senior Aquatics | **** | Senior Aquatics | **** | Open | **** |
| 10a-11a | **** | Senior Aquatics | **** | Senior Aquatics | **** | Open | **** |
| 11a-12p | **** | Open | **** | Open | **** | Open | **** |
| 12p-1p | Open | Senior Aquatics | Aquatics | Senior Aquatics | Open | Open | **** |
| 1p-2p | **** | **** | **** | **** | **** | **** | Open |
| 2p-3p | **** | **** | **** | **** | **** | **** | Open |
| 3p-4p | **** | **** | **** | **** | **** | **** | Open |
| 4p-5p | Advanced Aquatics | Advanced Aquatics | Open | Advanced Aquatics | Open | **** | **** |
| 5p-6p | Advanced Aquatics | Advanced Aquatics | Open | Advanced Aquatics | Open | **** | **** |
| 6p-7p | Open | Open | Open | Open | **** | **** | **** |
| 7p-8p | Open | Open | Open | Open | **** | **** | **** |
| 8p-9p | Open | Open | Open | Open | **** | **** | **** |
| 9p-10p | **** | **** | **** | **** | **** | **** | **** |

WELLNESS

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AEROBICS