

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a – 6:00a		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	
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		
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 (Melodye)		CLOSED
6:30p – 7:30p		BARRE		BARRE		

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-5:15p	Advanced Aquatics	Advanced Aquatics	Open	Advanced Aquatics	Open	****	****
5:15p-6:30p	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