

Wellness Center Aerobics Schedule ****Aerobics Room****

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM 7:30 AM		STEP/AEROBIC Phyllis		STEP/AEROBIC Phyllis	
8:00 AM 9:00 AM	BARRE Cathy	PUMP Phyllis	BARRE Cathy	PUMP Phyllis	
9:00 AM 10:00 AM	YOGA Gayle	YOGA Catherine	YOGA Gayle	Zumba Catherine	YOGA Gayle
10:00 AM 11:00 AM	SENIOR VITALITY Gayle		SENIOR VITALITY Gayle		SENIOR VITALITY Gayle
11:00 AM 12:00 PM	PARKINSON'S Kourtney	SENIOR SNEAKERS Cathy	PARKINSON'S Kourtney	SENIOR SNEAKERS Cathy	PARKINSON'S Cathy
12:00 PM 1:00 PM	PIYO Cathy	PILATES Cathy	PILATES Cathy	PILATES Cathy	STEP/AEROBIC Phyllis
1:00 PM 2:00 PM	FUNctional Fitness Taylor/Terrell		FUNctional Fitness Taylor/Terrell		FUNctional Fitness Taylor/Terrell
4:30 PM 5:30 PM					
5:30 PM 6:30 PM	STEP/AEROBIC Phyllis		STEP/AEROBIC Phyllis		

TIME	MONDAY SPIN	TUESDAY SPIN	WEDNESDAY SPIN	THURSDAY SPIN	FRIDAY SPIN
6:00 AM 7:00 AM	INDOOR CYCLING Chris		INDOOR CYCLING Chris		INDOOR CYCLING Chris
12:15 PM 12:45 PM	INDOOR CYCLING Melodye		INDOOR CYCLING Melodye		
5:30 PM 6:30 PM	INDOOR CYCLING Melodye	INDOOR CYCLING Melodye		INDOOR CYCLING Melodye	

Wellness Center Water Aerobics Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM 7:00 AM	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	CLOSED
7:00 AM 8:00 AM	Intermediate Aquatics (Gayle)	OPEN <i>WC Pool Use</i>	Intermediate Aquatics (Gayle)	OPEN <i>WC Pool Use</i>	Intermediate Aquatics (Gayle)	OPEN <i>WC Pool Use</i>	CLOSED
8:00 AM 9:00 AM	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	OPEN <i>WC Pool Use</i>	CLOSED
9:00 AM 10:00 AM	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	OPEN <i>WC Pool Use</i>	CLOSED
10:00 AM 11:00 AM	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	Senior Aquatics (Gayle)	Therapy Patients (Closed to WC)	OPEN <i>WC Pool Use</i>	CLOSED
11:00 AM 12:00 PM	Therapy Patients (Closed to WC)	Senior Aquatics (Elma)	Therapy Patients (Closed to WC)	Senior Aquatics (Elma)	Therapy Patients (Closed to WC)	OPEN <i>WC Pool Use</i>	CLOSED
12:30 PM 4:00 PM	Therapy Patients (Closed to WC)	Therapy Patients (Closed to WC)	Therapy Patients (Closed to WC)	Therapy Patients (Closed to WC)	Therapy Patients (Closed to WC) 12:30-3:00	12:00-2:00 PM <i>WC Pool Use</i> **POOL WILL CLOSE AT 2**	1:00-5:00 PM <i>WC Pool Use</i> **POOL WILL CLOSE AT 5**
4:00 PM 5:15 PM	Advanced Aquatics (Connie)	Advanced Aquatics (Connie)	OPEN <i>WC Pool Use</i>	Advanced Aquatics (Connie)	OPEN <i>WC Pool Use</i>	CLOSED	CLOSED
5:15 PM 6:30 PM	Advanced Aquatics (Connie)	Advanced Aquatics (Connie)	OPEN <i>WC Pool Use</i>	Advanced Aquatics (Connie)	OPEN <i>WC Pool Use</i>	CLOSED	CLOSED
6:00 PM 7:30 PM	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	OPEN <i>WC Pool Use</i>	CLOSED	CLOSED

Pool will closed Monday - Friday at 7:30 PM