


Mind & Body Classes August 2016 Members Only (Mind & Body NOT Included with Day Pass)

All Mind/Body Classes are included for FREE with Exercise level membership

\$28 per Month per Class For Members Only - Registration Required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35-9:35am BODYFLOW™ Yoga-Pilates: Jane	9:45-10:45pm Yoga-Pilates Fusion Yoga-Pilates: Judy N	9:00-10:15am Yoga for Everybody Yoga-Pilates: Debra	10:15-11:15am BODYFLOW™ Yoga-Pilates: Jane	9:00-10:00am Yoga for Everybody Yoga-Pilates: Canella	9:15-10:15am BODYFLOW™ Yoga-Pilates: Kim	9:15-10:30am Yoga for everybody Yoga-Pilates: Canella
5:30-6:30pm Pilates Yoga-Pilates: Barb		6:00-7:00pm Yoga for Everybody Yoga-Pilates: Judy N	6:00-7:00pm Pilates Yoga-Pilates: Kathy			
6:45-7:45pm Yoga for everybody Yoga-Pilates: Barb			7:30-8:30pm BODYFLOW™ Yoga-Pilates: Kim	These classes are included FREE with the Exercise and Excellence Membership levels All members at any level, must register 		
						

Aquatic Fitness Classes: Fall Session I Sept 6th- Oct 22nd

Member/Non-member registration rates apply \$27/\$53per class Registration Required!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15-9:15am H2O Interval Waterpark: Judy O	9:00-10:00am Aqua Yoga Aqua Arena: Canella	8:15-9:15am H2O Interval Waterpark: Karen	9:00-10:00am Aqua Yoga Aqua Arena: Canella	8:15-9:15am H2O Interval Waterpark: Karen	8:00-9:00am WATERinMOTION® Waterpark lanes: Bryan	
	10:30-11:30am Deep Water Treking Aqua Arena: Karen		10:30 - 11:30am Deep Water Treking Aqua Arena: Karen			
	5:30-6:30pm WATERinMOTION® Waterpark: Bryan		5:30-6:30pm WATERinMOTION® Waterpark: Minda	Water In Motion: Great Fitness class with no impact, motivating music with fun water friendly movements. Great for all fitness levels.		

AQUA FITNESS CLASSES INCLUDED FOR FREE WITH EXERCISE LEVEL MEMBERSHIP--Registration is still required

Member /Non member registration only--No drop- ins/No series sales. Aqua Fitness Classes not included with Day pass.