




# MIND & BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am <b>BARRE</b> Yoga-Pilates: Elly	9:00-10:15am <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Joni	7:55-8:50am <b>BARRE</b> Yoga-Pilates: Elly	9:00-10:00am <b>Pilates</b> Yoga-Pilates: Joni	9:00-10:00am <b>Gentle Yoga</b> Yoga-Pilates: Holly/Joni
6:30-7:30pm <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Holly	5:30-6:30pm <b>BODYFLOW™</b> Yoga-Pilates: Jessica	9:00-10:15am <b>Gentle Yoga</b> Yoga-Pilates: Joni	6:15-7:15pm <b>BODYFLOW™</b> Yoga-Pilates: Kim	Mind/Body Classes not included with Day Pass
	6:45-7:30pm <b>BARRE</b> Yoga-Pilates: Sandy	6:30-7:30pm <b>Core Strength Vinyasa</b> Yoga-Pilates: Holly		

**FEES:**

**\$28 per class per month**

Or Upgrade to our Exercise Membership

Members Only

Registration  
Required!

SATURDAY	SUNDAY
9:15-10:15am <b>BODYFLOW™</b> Yoga-Pilates: Kim	9:00-10:15am <b>Gentle Yoga</b> Yoga-Pilates: Holly

## MARCH 2018




# AQUA FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15am <b>H2O Interval</b> Waterpark: Judy O	10:30-11:30am <b>Deep Water Treking*</b> Aqua Arena: Karen	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen	8:30-9:15am <b>Aqua Bootcamp</b> Waterpark: Kim G	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen
	5:30-6:30pm <b>WATERinMOTION®</b> Waterpark: Sheryl	No drop-ins/No series sales  Aqua Classes not included with Day Pass  Registration Required!	9:30-10:15am <b>Aqua Dynamics Aqua Arthritis</b> Waterpark: Kim G	<b>SATURDAY</b> 7:30-8:30am <b>WATERinMOTION®</b> Waterpark: Bryan
			10:30 - 11:30am <b>Deep Water Treking*</b> Aqua Arena: Karen	
			5:30-6:30pm <b>WATERinMOTION®</b> Waterpark: Sheryl	

**WINTER II**  
Mon, Feb 26-Thurs, Apr 22  
(No Class: Apr 2-Apr 8)  
Member Reg: Fri, Feb 8  
Non-member Reg: Tues, Feb 12

**FEES:**

**Member: \$27/class**

**Non-Member: \$53/class**

Or Upgrade to our Exercise Membership

**Aqua Dynamics/Aqua Arthritis:** Designed to enhance movement by offering balance, coordination, strengthening and stretching activities, including yoga and aichi. Resistance equipment may be used. People with arthritis are encouraged to participate.

Ask how you can upgrade to our Exercise Membership to attend all of these classes  
and more for only an additional \$50 a month!!!

*\*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.*