

Mind & Body Classes March 2017 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: Jessica	9:30-10:15am Yoga for Everybody Yoga-Pilates: Joanne	9:00-10:15am Yoga for Everybody Yoga-Pilates: Debra	9:00-10:00am Pilates Yoga-Pilates: Angie	9:00-10:00am Yoga for Everybody Yoga-Pilates: Canella	9:15-10:15am BODYFLOW™ Yoga-Pilates: Kim	9:00-10:15am Yoga for everybody Yoga-Pilates: Canella
6:45-7:45pm Yoga for Everybody Yoga-Pilates: Dawn	5:00-6:00pm BODYFLOW™ Yoga-Pilates: Jessica	5:00-5:45pm Pilates Yoga-Pilates: Angie	6:00-7:00pm Pilates Yoga-Pilates: Kathy			10:20-11:00am Intro to Meditation Yoga-Pilates: Joanne
		6:00-7:00pm Yoga for Everybody Yoga-Pilates: Dawn	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: Winter II FEB. 27TH-APR. 14TH

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	10:30-11:30am Deep Water Treking* Aqua Arena: Karen	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	
	5:30-6:30pm WATERinMOTION® Waterpark: Minda		10:30 - 11:30am Deep Water Treking* Aqua Arena: Karen			
			5:30-6:30pm WATERinMOTION® Waterpark: sheryl	* No Deep Water Treking week of Nov 21 and Dec 5 Prices reflect 6 week session		

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.