

## Mind & Body Classes December 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
8:00-9:00am <b>BARRE</b> Yoga-Pilates: Elly	9:30-10:45am <b>Mixed Level Vinyasa Flow</b> Yoga-Pilates: Joanne	7:55-8:50am <b>BARRE</b> Yoga-Pilates: Elly	9:00-10:00am <b>Pilates</b> Yoga-Pilates: Angie	9:00-10:00am <b>Gentle Yoga</b> Yoga-Pilates: Canella	9:15-10:15am <b>BODYFLOW™</b> Yoga-Pilates: Kim	9:00-10:15am <b>Gentle Yoga</b> Yoga-Pilates: TBD
5:30-6:30pm <b>Pilates</b> Yoga-Pilates: Barb	5:00-6:00pm <b>Core Strength Vinyasa Flow</b> Yoga: Heidi	9:00-10:15am <b>Bo Yoga</b> Yoga-Pilates: Debra	10:10-11:25pm <b>Gentle Yoga</b> Yoga-Pilates: Joanne			
6:45-7:45pm <b>Gentle Yoga</b> Yoga-Pilates: Barb	6:15-7:15pm <b>BODYFLOW™</b> Yoga-Pilates: Jessica		4:45-5:45pm <b>BARRE</b> Yoga-Pilates: Diane	These classes are included FREE with the Exercise Membership level  All members at any level, must register		
			6:00-7:00pm <b>Pilates</b> Yoga-Pilates: Barb			



## Aquatic Fitness Classes: Fall II Mon, Oct 30 - Thurs, Dec 21 (No Class: Nov 30)

Member Reg: Fri, Oct 20    Non-member Reg: Tues, Oct 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:15am <b>H2O Interval</b> Waterpark: Judy O	10:30-11:30am <b>Deep Water Trekking*</b> Aqua Arena: Karen	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen	8:30-9:15am <b>Tabaqua</b> Waterpark: Kim G	8:15-9:15am <b>H2O Interval</b> Waterpark: Karen	7:30-8:30am <b>WATERinMOTION®</b> Waterpark lanes: Bryan
	5:30-6:30pm <b>WATERinMOTION®</b> Waterpark: Minda		9:30-10:15am <b>Aqua Yoga</b> Waterpark: Kim G		
			10:30 - 11:30am <b>Deep Water Trekking*</b> Aqua Arena: Karen	* No Deep Water Trekking week of Nov 21 and Dec 5 Prices reflect 6 week session	
			5:30-6:30pm <b>WATERinMOTION®</b> Waterpark: Sheryl		



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.