




MIND & BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am BARRE Yoga-Pilates: Elly	9:30-10:45am Mixed Level Vinyasa Flow Yoga-Pilates: Joni	7:55-8:50am BARRE Yoga-Pilates: Elly	9:00-10:00am Pilates Yoga-Pilates: Joni	9:00-10:00am Gentle Yoga Yoga-Pilates: Canella
6:30-7:30pm Mixed Level Vinyasa Flow Yoga-Pilates: Holly	5:30-6:30pm BODYFLOW™ Yoga-Pilates: Jessica	9:00-10:15am Bo Yoga Yoga-Pilates: Debra	10:10-11:25pm Gentle Yoga Yoga-Pilates: Joni	Mind/Body Classes not included with Day Pass Members Only Registration Required!
		6:30-7:30pm Core Strength Vinyasa Yoga-Pilates: Holly	5:15-6:00pm BARRE Yoga-Pilates: Diane	
			6:15-7:15pm BODYFLOW™ Yoga-Pilates: Kim	

FEES:
\$28 per class per month
 Or Upgrade to our Exercise Membership

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

JANUARY 2018




AQUA FITNESS CLASS SCHEDULE

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

WINTER I
 Member Reg: Fri, Dec 15
 Non-member Reg: Tues, Dec 19

WINTER II
 (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

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