






MIND & BODY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am Pilates Yoga-Pilates: Judy N.	9:00-10:15am Mixed Level Vinyasa Flow Yoga-Pilates: Judy N.	9:00-10:15am Gentle Yoga Yoga-Pilates: Joni	9:00-10:00am Pilates Yoga-Pilates: Barb	9:00-10:00am Gentle Yoga Yoga-Pilates: Judy N.
 9:15-10:30am Gentle Yoga Yoga-Pilates: Sneha	5:30-6:30pm BODYFLOW™ Yoga-Pilates: Jessica	5:15-6:15pm Pilates Yoga-Pilates: Barb	 12:15-1:00pm Gentle Yoga Yoga-Pilates: Sneha	Mind/Body Classes not included with Day Pass
6:30-7:30pm Mixed Level Vinyasa Flow Yoga-Pilates: Judy N.	6:45-7:30pm BARRE Yoga-Pilates: Sandy	6:30-7:30pm Mixed Level Vinyasa Flow Yoga-Pilates: Barb	6:15-7:15pm BODYFLOW™ Yoga-Pilates: Kim	


FEES:

\$28 per class per month

Or Upgrade to our Exercise Membership

Members Only

Registration
Required!

SATURDAY	SUNDAY
9:15-10:15am BODYFLOW™ Yoga-Pilates: Kim	 11:00-12:15pm Gentle Yoga Yoga-Pilates: Sneha

JULY 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 Aqua Bootcamp 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 Dynamics Aqua Arthritis Waterpark: Kim G	SATURDAY WATERinMOTION® Waterpark: Bryan
			10:30 - 11:30am Deep Water Treking* Aqua Arena: Karen	
			5:30-6:30pm WATERinMOTION® Waterpark: Sheryl	

SUMMER
Mon, Jun 18-Sun, Aug 12
Member Reg: Fri, Jun 8
Non-member Reg: Tues, Jun 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!!!

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