





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	 8:00-9:00am BARRE Yoga-Pilates: Sandy	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	9:00-10:00am Pilates Yoga-Pilates: Barb	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: Theresa	6:30-7:30pm Mixed Level Vinyasa Flow Yoga-Pilates: Barb	12:15-1:00pm Gentle Yoga Yoga-Pilates: Sneha	
			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	9:00-10:00am BARRE Yoga-Pilates: Theresa
	11:00-12:15pm Gentle Yoga Yoga-Pilates: Sneha

SEPTEMBER 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 Trekking* 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
	 5:45-6:45pm WATERinMOTION® Waterpark: Bryan	No drop-ins/No series sales	9:30-10:15am Aqua Dynamics Aqua Arthritis Waterpark: Kim G.	SATURDAY
			10:30 - 11:30am Deep Water Trekking* Aqua Arena: Karen	7:30-8:30am WATERinMOTION® Waterpark: Bryan

FALL I
Tues, Sep 4-Sun, Oct 28
Member Reg: Fri, Aug 17
Non-member Reg: Tues, Aug 21

FALL II
Mon, Oct 29-Sun, Dec 23
Pending shutdown for 2 weeks TBD
Member Reg: Fri, Oct 19
Non-member Reg: Tues, Oct 23
No class on Nov 22

Aqua Classes
not included with
Day Pass

Registration
Required!

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.