

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am Splash Calisse - Pool	9:30-10:30am Splash Paula- Pool	8:30-9:30am Deep Water Challenge Nancy - Pool	9:30-10:30am Splash Paula - Pool	9:30-10:30am Splash Terri - Pool
11:15am-12:15pm Forever Fit* Calisse - AR	11:15am-12:15am Forever Fit Level 2* Andrea - AR	11:15am-12:15pm Forever Fit* Melinda - AR	11:15am-12:15pm Forever Ft Level 2* Andrea - AR	
12:30-1:30pm Gentle Fitness Sharon - AR	12:30-1:15pm Forever Fit Level 3* Andrea - AR	12:30-1:30pm Gentle Fitness Sharon - AR		12:30-1:30pm Gentle Fitness Sharon - AR
1:30-2:30pm SilverSneakers Classic Micki - AR 			6:45-7:30 pm Splash Calisse - Pool	1:30-2:30pm SilverSneakers Classic Micki - AR 

AR-Aerobics Room

* Class Pass Required - Pick up at Front Desk up to 1 hour before the start of class

SilverSneakers Orientation

2nd & 4th Wednesday of every month from 2:30-3:30pm