

Water Group Exercise Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT-URDAY	SUNDAY
10:00—11:00 am	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis		
11:00—12:00 am	Aqua Zumba	Aqua Challenge	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		
12:30—1:25 pm							Aqua Zumba (1st & 3rd Saturdays) Aqua Challenge (2nd, 4th & 5th Saturdays)
1:30—2:25 pm	Senior Exercise	Therapeutic Exercise	Senior Exercise	Therapeutic Exercise	Senior Exercise		
5:00—6:00 pm	Energetic Aqua Aerobics	Aqua Aerobics	Energetic Aqua Aerobics	Aqua Challenge	Aqua Aerobics		

LAND Group Exercise CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	6:30—7:30 Y's Way To Fitness	6:00—7:00 Sunrise Yoga	6:30—7:30 Y's Way To Fitness		6:30—7:30 Y's Way To Fitness	
	11:00—12:00 Stay Fit Forever		11:00—12:00 Stay Fit Forever		11:00—12:00 Freestyle Funky Fitness	9:00—10:00 NIA (1st & 3rd Saturdays) Bellydance (2nd & 4th Saturdays)
AFTERNOON & EVENING CLASSES		12:30—1:30 Qi Gong Conf. Room				
	1:15—2:15 Gentle Yoga	1:15—2:15 Gentle Strength & Stretch	1:15—2:15 Gentle Yoga	1:15—2:15 Gentle Strength & Stretch	1:15—2:15 Gentle Yoga	
	2:30 - 3:30 Chair NIA		1:30—2:30 Awareness Through Movement (Feldenkrais) Conf. Room		2:30—3:30 Body Balance	3:30 —4:45 Yoga
			2:30- 3:30 Gentle Strength & Stretch			
		4:15—5:25 Gentle Yoga	5:30—6:00 Intro to Meditation 6:00- 6:45 Meditation Conf. Room	5:30—6:30 Shakti Naam Yoga		

Please see full Pool and Group Exercise Class schedules for complete details.