

## Registered Fitness Schedule

Schedule and Instructors may change without notice. **NO CLASS APR 19-22 AND MAY 18-20.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
8:30-11:15am	Tot Watch	Tot Watch	Tot Watch	Tot Watch	<b>Friday</b> Tot Watch
9:15-10:00am					<b>Saturday</b> Pound
10:05-10:50am			Fitness for the Mature Adult		
10:15-11:00am					<b>New!</b> <b>Saturday</b> Strong by Zumba
11:15am-Noon		Women On Weights		Women On Weights	
12:30-1:15pm	Fitness for the Mature Adult				
12:45-1:30pm			Baby & Me AquaFit		
1:00-3:00pm			Respiratory Rehabilitation		
1:15-2:00pm		<b>New!</b> Sit Fit		Sit Fit	
1:30-2:15pm		<b>New!</b> Strong by Zumba			
2:00-3:00pm	Navigator Service Tai Chi		Navigator Service		
2:15-3:00pm	Begin to Spin			<b>New!</b> Weight Room Circuit for the Mature Adult Pre-Post Hip & Knee	
4:30-6:30pm					<b>Sunday</b> Ki Aikido
5:00-6:00pm	Trim & Tone	Tabata	Core & More		
6:15-7:00pm	Spin Blaster				
6:30-7:30pm		Cardio Dance			
7:15-8:00pm			Spin Blaster		
8:15-9:30pm			Ki Aikido		
8:30-9:30pm		Jiu-Jitsu		Jiu-Jitsu	

## Registered Yoga Schedule

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Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
Noon-1:00pm		Yin Yoga		Yin Yoga	
12:05-12:50pm	Aqua Yoga		Aqua Yoga		
1:15-2:15pm				Level 1 Hatha Yoga	
2:00-3:00pm			Boomer Chair Yoga		
2:15-3:15pm		Yang/Yin Yoga			
5:15-6:15pm		Flow Yoga			
5:30-6:30pm				Yoga	
6:15-7:00pm	Kanduka				
7:00-8:00pm				Stretch & Relax	
7:15-8:15pm	Yang/Yin Yoga				
8:15-9:00pm				Aqua Yoga	