

Drop-In Aqua Fitness Schedule Effective: Mar 4-June 28

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-7:45am	Moderate Shallow	Moderate Deep	Moderate Shallow	Moderate Deep	Aqua Zumba
9:00-10:00am	Intense Deep	Intense Deep	Intense Deep	Intense Deep	Intense Deep
	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow
10:00-11:00am	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep
	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow
11:00am-Noon	Mild Deep		Mild Deep		
	Mild/Moderate Shallow		Mild Shallow		Aqua Zumba
11:15am-Noon		Gentle Fit		Gentle Fit	
12:05-12:50pm	Aqua Yoga *must register*		Aqua Yoga *must register*		
8:15-9:00pm	Aqua Yoga *must register*				

DESCRIPTIONS:**Gentle Fit:** A warm water class focused on strength, flexibility and breathing techniques.**Mild Shallow:** This class offers strength and flexibility for participants with mild physical challenges.**Moderate Shallow or Deep:** A water class of moderate intensity.**Intense Shallow or Deep:** A mix of strength and cardio moves.**Aqua Zumba:** Dance that includes fitness moves.

Drop-in Land Fitness Schedule Effective: July 2-Aug 30

Schedule and Instructors may change without notice. **NO CLASSES JUL 1 AND AUG 5.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am	Cardio Dance	Circuit Class	Step'n Tone	Circuit Class	Body Moves
5:15-6:15pm				Yoga for Everyone	
6:00-7:00pm			Happy Wed Yoga		

Call in Drop-In Land Fitness Schedule *Must call in to reserve your spot! Effective: July 2-Aug 30

Register anytime in person or by phone. For these classes, we have a 12-hour cancellation policy.

We need a minimum of four people to run a class-so don't delay... Register today! **NO CLASSES JUL 1 AND AUG 5.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15am		High Fitness	Rise "N" Grind Spin Jul 3, 10, 17 & Aug 21	Barre Yoga Fusion Jul 4, 11, 18 & Aug 22	
8:30-9:15am		Spin Express		Spin Express	
5:15-6:15pm					Zumba

DESCRIPTIONS: All fitness levels welcome**Spin Express:** Start Pedaling in this exciting 45-minute spin class!**Zumba:** A calorie burning, body energizing class while having fun!**Cardio Dance:** Feel energized Dancing the day away.**Circuit Class:** This workout in our circuit room will keep you motivated and energized.**Body Moves:** Energizing, full body workout.**Step'n Tone:** A total body workout using the step with strength and conditioning elements.**Happy Wed Yoga:** a simple blend of yoga movements to stretch out the body.**Rise "n" Grind:** Early morning spin get ready to grind the morning away. Jul 3, 10, 17 and Aug 21.**Barre Yoga Fusion:** A combination of barre and yoga fusion. Jul 4, 11, 18 and Aug 22.**High Fitness:** Raise your heart rate in this upbeat cardio class.**Yoga For Everybody:** A yoga class for beginners to advanced.

Weight/Circuit Room Orientations: MUST REGISTER ONE DAY IN ADVANCE.

Mon 12:15-1:00pm or Wed 6:00-6:45pm • \$7/person • \$32/hr Private/Group

Personal Training: Service available please call for more information.