

August

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:30 - 9:15 (Candace)			Dance Aerobics 8:30 - 9:00 (Candace)	Water Aerobics 8:30 - 9:15 (Candace)
PWR! 9:00 - 9:30 (Melissa)		Balance Basics 9:00 - 9:30 (Melissa)		
Water Aerobics 10:00 - 10:45 (Melissa)	Water Aerobics 10:00 - 10:45 (Candace)	Aqua Cycling 10:00 - 10:45 (Candace)	Water Aerobics 10:00 - 10:45 (Melissa)	Water Aerobics 10:00 - 10:45 (Melissa)
Senior Fit 2:00 - 2:45 (Melissa)		Senior Fit 2:00 - 2:45 (Melissa)		Senior Fit 2:00 - 2:45 (Melissa)
	Aqua FIT 4:30 - 5:15 (Katie)	Aqua Noodle 4:30 - 5:15 (Katie)		
	Yoga 5:00 - 5:45 (Candice)		Yoga 5:30 - 6:15 (kristiena)	
Aqua Mix 5:15 - 6:00 (Katie)	FIT 5:45 - 6:30 (Katie)	Body Blast 5:30 - 6:00 (Staci)	Aqua Mix 5:15 - 6:00 (Katie)	

Blue = Pool Red = Basic Membership Yellow = Registration Required