

November

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 (Morgan)	Water Aerobics 10:00 - 10:45 (Morgan)	Aqua Cycling 10:00 - 10:45 (Melissa/Morgan)	Water Aerobics 10:00 - 10:45 (Melissa)	Water Aerobics 10:00 - 10:45 (Morgan)
Senior Fit 2:00 - 2:45 (Morgan)		Senior Fit 2:00 - 2:45 (Morgan)		Senior Fit 2:00 - 2:45 (Morgan)
	Aqua FIT 4:30 - 5:15 (Katie)	Aqua Noodle 4:30 - 5:15 (Katie)		
			Yoga 5:30 - 6:15 (Kristeina)	
Aqua Mix 5:15 - 6:00 (Katie)	FIT 5:30 - 6:00 (Katie)	Body Blast 5:30 - 6:00 (Staci)	Aqua Mix 5:15 - 6:00 (Katie)	

A friendly reminder that the pool and hot tub are closed during water aerobics classes.