

# January

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>Water Aerobics</b><br>8:30 - 9:15<br>(Candace)  |   | <b>Zumba</b><br>8:30 - 9:00<br>(Candace)                  |   | <b>Water Aerobics</b><br>8:30 - 9:15<br>(Candace)  |
| <b>PWR!</b><br>9:00 - 9:30<br>(Melissa)            |   | <b>Strength &amp; Balance</b><br>9:15 - 9:45<br>(Melissa) |   |  |
|  |   |   |   |  |
| <b>Water Aerobics</b><br>10:00 - 10:45<br>(Morgan) | <b>Water Aerobics</b><br>10:00 - 10:45<br>(Melissa) | <b>Aqua Cycling</b><br>10:00 - 10:45<br>(Melissa/Morgan)  | <b>Water Aerobics</b><br>10:00 - 10:45<br>(Melissa) | <b>Water Aerobics</b><br>10:00 - 10:45<br>(Morgan) |
| <b>Senior Fit</b><br>2:00 - 2:45<br>(Morgan)       |   | <b>Senior Fit</b><br>2:00 - 2:45<br>(Morgan)              |   | <b>Senior Fit</b><br>2:00 - 2:45<br>(Morgan)       |
|  | <b>Aqua FIT</b><br>4:30 - 5:15<br>(Morgan)          | <b>Aqua Noodle</b><br>4:30 - 5:15<br>(Morgan)             | <b>Aqua Mix</b><br>4:30 - 5:15 pm<br>(Morgan)       |  |
|  | <b>Yoga</b><br>5:30 - 6:15<br>(Candice)             |   |   |  |
| <b>Aqua Mix</b><br>5:30 - 6:15<br>(Rachel)         | <b>Aqua Mix</b><br>5:30 - 6:15<br>(Rachel)          | <b>Body Blast</b><br>5:30 - 6:00<br>(Staci)               |   |  |

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

**Blue = Pool Red = Fitness Studio**