

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
		Your Yoga 8:30 - 9:15 (Deb)		Water Aerobics 8:30 - 9:15 (Melissa)
Parkinson's Boxing 9:00 - 9:30 (Melissa)				
Water Aerobics 10:00 - 10:45 (Morgan)	Water Aerobics 10:00 - 10:45 (Melissa)	Aqua Cycling 10:00 - 10:45 (Morgan)	Water Aerobics 10:00 - 10:45 (Melissa)	Water Aerobics 10:00 - 10:45 (Morgan)
Senior Fit 2:00 - 2:45 (Morgan)	Balance 1:00 - 1:45 (Melissa)	Senior Fit 2:00 - 2:45 (Morgan/Conni)		Senior Fit 2:00 - 2:45 (Morgan)
	Aqua FIT 4:30 - 5:15 (Morgan)	Aqua Mix 4:30 - 5:15 (Rachel)	Aqua Noodle 4:30 - 5:15 (Morgan)	
Aqua Mix 5:15 - 6:00 (Rachel)				
Yoga 5:30 - 6:15 (Candice)	Core Conditioning 5:30 - 6:00 (Rachel)	Body Blast 5:30 - 6:00 (Staci)	Bootcamp 5:30 - 6:15 (Rachel)	

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

Blue = Pool Red = Fitness Studio