

Club Bethesda

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:45 - 9:30 (Melissa)		Yoga 9:00 - 9:30 (Melissa)		Water Aerobics 8:45 - 9:30 (Melissa)
	Studio Strength 9:00 - 9:45 (Morgan)		Studio Strength 9:00 - 9:45 (Morgan)	
Water Aerobics 10:00 - 10:45 (Morgan)		Water Aerobics 10:00 - 10:45 (Morgan)		Water Aerobics 10:00 - 10:45 (Morgan)
Lap Swim 12:00 - 1:45	Lap Swim 12:00 - 1:45	Lap Swim 12:00 - 1:45	Lap Swim 12:00 - 1:45	Lap Swim 12:00 - 1:45
Senior Fit 2:00 - 2:45 (Morgan)	Balance 1:00 - 1:45 (Melissa)	Senior Fit 2:00 - 2:45 (Morgan)		Senior Fit 2:00 - 2:45 (Morgan)
Lap Swim 3:00 - 4:45	Lap Swim 2:00 - 4:45	Lap Swim 3:00 - 4:45	Lap Swim 2:00 - 4:45	Lap Swim 3:00 - 4:45
Club Closes at 5 pm		Club Closes at 5 pm		Club Closes at 5 pm
Registration is required for classes and lap swimming, call the front desk to reserve a spot, 320-214-5627				