




















Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A	Body Sculpt Shawn	Body Sculpt Shawn		Body Sculpt Shawn		ALL Sat Classes 10AM
		 Spin Sonia		 Spin Sonia		
9:00A	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Tabata Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	10/3 dancefitness Penny
9:00A	Strength & Stretch Steffi		Strength & Stretch Steffi		Strength & Stretch Steffi	
10:00A	dancefitness Penny		dancefitness Penny		dancefitness Penny	10/10 Senior Swim Shawn
10:15A	 Water Tone Abs Steffi	 Water Tone Abs Tonya	 Water Tone Abs Steffi	 Resistance Bands Tonya	 Water Tone Abs Shawn	
	Silver Sneakers Shawn 10:30AM	Silver Sneakers Shawn 10:15A	Silver Sneakers Shawn 10:30AM	Silver Sneakers Shawn 10:15A	Silver Sneakers Shawn 9:15A	10/17 Strength & Stretch Steffi
11:15A	Senior Swim Steffi	Senior Swim Shawn	Senior Swim Steffi	Senior Swim Steffi	Senior Swim Steffi	
2:15pm	Senior Fit Shawn		Senior Fit Shawn		Senior Fit Shawn	10/24  Resistance Bands Tonya
4:30pm	BodySculpt Shawn			BodySculpt Shawn	BodySculpt Shawn	
5:30P	 Water Aerobics Shawn	 Water Aerobics Tonya	 Spin Shirley 5:15-6pm			10/31 Senior Swim Shawn
5:30P			BodySculpt Shawn 5:15-6pm			
5:30/ 6:30P	 KidsFit Brooke	 KidsFit Brooke		 Kids Fit Brooke		