











Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A	Body Sculpt Shawn	Body Sculpt Shawn <hr/>  Spin Sonia		Body Sculpt Shawn <hr/>  Spin Sonia		ALL Sat Classes 10AM
9:00A	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Tabata Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Advanced Water Aerobic Tonya	1/2 Shawn Senior Swim
9:00A	Pilates Steffi		Pilates Steffi		Pilates Steffi	
10:00A	<i>dancefitness</i> Penny		<i>dancefitness</i> Penny		<i>dancefitness</i> Penny	1/9 Pilates Steffi
10:15A	 Water Tone Abs Tonya	 Water Tone Abs Tonya	 Water Tone Abs Tonya	 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	1/16 <i>dancefitness</i> Penny
11:15A	Senior Swim Steffi	Senior Swim Shawn	Senior Swim Steffi	Senior Swim Shawn	Senior Swim Steffi	
2:15pm	Senior Fit Shawn		Senior Fit Shawn		Senior Fit Shawn	1/23  Resistance Bands Tonya
4:30pm	BodySculpt Shawn			BodySculpt Shawn	BodySculpt Shawn	
5:30P	 Water Aerobics Shawn	 Water Aerobics Tonya <hr/> <b>NEW CLASS</b> Dance 2 Fit (Begins 1-19) Come try it out 🐾	 Spin Shirley 5:15-6pm <hr/> BodySculpt Shawn 5:15-6pm			1/30 Shawn Senior Swim
5:30/ 6:30P	 KidsFit Brooke	 KidsFit Brooke		 Kids Fit Brooke		