












































Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A	 Body Sculpt Shawn	 Body Sculpt Shawn  Spin Sonia		 Body Sculpt Shawn  Spin Sonia		<b>ALL Sat Classes 10AM</b>
9:00A	 Tabata Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Tabata Water Aerobic Tonya	 Advanced Water Aerobic Tonya	 Resistance Water Aerobic Tonya	<b>10/2 Senior Swim Shawn</b>
9:00A	 Pilates Katia		 Pilates Katia		 Pilates Katia	
10:00A	 Dance Fitness		 Dance Fitness		 Dance Fitness	<b>10/9 Advanced Water Aerobic Tonya</b>
10:15A	 Water Tone Abs Tonya	 Water Tone Abs Tonya	 Water Tone Abs Tonya	 Resistance Bands Tonya	 Water Tone Abs Shawn	
	 Shawn <b>10:30AM</b>	 Shawn <b>10:15A</b>	 Shawn <b>10:30AM</b>	 Shawn <b>10:15A</b>	 Shawn <b>9:15A</b>	<b>10/16 Pilates Katia</b>
11:30A	 Senior Swim Shawn	 Senior Swim Shawn	 Senior Swim Shawn	 Senior Swim Shawn	 Senior Swim Shawn	
2:15P	 Senior Fit Shawn		 Senior Fit Shawn		 Senior Fit Shawn	<b>10/23 Dance Fitness Lois</b>
4:30P	 BodySculpt Shawn			 BodySculpt Shawn	 BodySculpt Shawn	
5:30P	 Water Aerobics Shawn	 Water Aerobics Tonya	 Spin Shirley <b>5:15-6pm</b> BodySculpt Shawn <b>5:15-6pm</b>			<b>10/30 Senior Swim Shawn</b>
5:30/ 6:30P	 KidsFit	 KidsFit		 KidsFit		

