

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30A		 Spin Sonia		 Spin Sonia		ALL SAT CLASSES 10AM
9:AM	Tabata Water Aerobic Tonya	Advanced Water Aerobic Tonya	Tabata Water Aerobic Tonya	Advanced Water Aerobic Tonya	Resistance Water Aerobic Tonya	6/4 10am Senior Swim Shawn
9:AM	Pilates Katia	Christian YOGA Angela	Pilates Katia	Christian YOGA Angela	Pilates Katia	
10:AM	Dance Fitness Penny		Dance Fitness Penny		Dance Fitness Penny	6/11 10am Advanced Water Aerobic Tonya
10:15A	Water Tone Abs Tonya	Water Tone Abs Tonya	Water Tone Abs Tonya	Resistance Bands Tonya	Water Tone Abs Shawn	
	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 10:30AM	Senior Fit Shawn 10:15A	 Shawn 9:15A	6/18 10am Senior swim Shawn
11:30A	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	Senior Swim Shawn	
2:15P	Senior Fit Shawn	1:00P Group Orientation Brian	Senior Fit Shawn		Senior Fit Shawn	6/25 10am Pilates Katia
4:30P	Body Sculpt Shawn			Body Sculpt Shawn	Body Sculpt Shawn	
5:30P	Water Aerobics Shawn	Water Aerobics Tonya	 Spin Shirley 5:15-6pm Body Sculpt Shawn 5:15-6pm			
5:30/ 6:30PM	KidsFit	KidsFit				