

Happy New Year!

2019!!! Class Schedule 2019!!! January 2019!!!

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM			Strength! Kris		Cardio! Kris	Barre Kris	
7:30 AM				Pickleball (no instructor)			
8:00 AM		Senior Aqua Fit Video Class	Senior Aqua Fit Carrie		Senior Aqua Fit Carrie	Mind/Body Yoga Denise	Cardio Camp Kris
8:30 AM		Boot Camp Jay		Boot Camp Jay			
9:30 AM			Silver&Fit Excel Denise	Senior Strength & Balance Carrie		Silver&Fit Excel Denise	
10:30 AM			Senior Yoga Denise			Senior Yoga Denise	
11:00 AM	Family Swim 11:00-12:30						Family Swim 11:00-12:30
12:30 PM			Body Sculpt Carrie				
4:00 PM					Cardio Dance Carrie		
5:00 PM				Barre Kris		Family Swim 5:00-6:30	
6:00 PM		Mind/ Body Yoga Denise		Mind/ Body Yoga Denise	Water Wave Challenge Kim		
6:30 PM		Water Wave Challenge Kim					
7:15 PM		Belly Dancing Denise					

CHILD CARE HOURS: Monday thru Thursday 4pm-7pm

CLOSED NEW YEARS DAY