

Water Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM - 9:45 AM	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water	
10:00 AM - 10:45 AM	SilverSneakers Silver Splash	SilverSneakers Silver Splash	SilverSneakers Silver Splash	SilverSneakers Silver Splash			
11:00 AM - 12:15 PM							Adult Swim Training
6:00 PM - 6:45 PM		Deep Water		Deep Water	Deep Water		
7:00 PM - 7:45 PM	Deep Water		Deep Water				
7:45 PM - 9:00 PM		Adult Swim Training					

Land Exercise Schedule *Basic classes are FREE to passholders (excludes Pilates, Yoga & Zumba)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:05 AM - 8:00 AM						HIIT*
8:05 AM - 9:00 AM						Pilates
9:00 AM - 9:55 AM		SilverSneakers Cardio Circuit*		SilverSneakers Cardio Circuit*		
9:05 AM - 10:00 AM						Zumba
10:00 AM - 10:45 AM		Total Body Fitness*		Total Body Fitness*		
10:15 AM - 11:10 PM	Senior Aerobics*		Senior Aerobics*		Senior Aerobics*	
11:15 AM - 12:15 PM	SilverSneakers MSROM*		SilverSneakers MSROM*			
5:30 PM - 6:25 PM	Butt, Guts & More*		Butt, Guts & More*			
6:30 PM - 7:25 PM	Yoga		Yoga			
7:00 PM - 7:55 PM		Cardio Blast*		Cardio Blast*		
7:30 PM - 8:25 PM		Pilates <i>in Preschool Rm</i>		Pilates <i>in Preschool Rm</i>		
8:00 PM - 8:55 PM		Zumba		Zumba		