

<u>Day</u>	<u>Class</u>	<u>Instructor</u>	<u>Level</u>	<u>Location</u>	<u>Fee</u>
Monday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
8:45-9:30am	Water Aerobics	Charlene	All	Pool	Free Mem & \$40 Non-M/Mo
9:45-10:45am	SilverSneakers	Algnette	Beginner	Aerobics Room	Free Mem & \$40 Non-M/Mo
5:00-6:00pm	Ball Aerobics	Mary	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
7:00-8:00pm	Spin Class	Jessica	All	Spin/Cross Training	Free Mem & \$5 Non-M/class
7:00-8:00pm	Karate	Bryan	Beginner	Aerobics Room	\$20 Mem/\$40 Non-Mem/Mo
Tuesday					
8:45-9:15am	Sister Strive	Algnette	All	Kidz Fitness	Free Mem & \$20 Non-M/Mo
9:30-10:00am	Glutes & Abs	Algnette	All	Aerobics Room	Free Mem & \$20 Non-M/Mo
9:45-10:30am	Water Aerobics	Dona	All	Pool	Free Mem & \$40 Non-M/Mo
4:30-5:30pm	Total Body	Algnette	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
5:30-6:30pm	Low Step Aerobics	Mary	Moderate	Aerobics Room	Free Mem & \$40 Non-M/Mo
6:15-7:00pm	Preschool Swim Lessons	Lifeguard	Beginner	Pool	\$20 Mem & \$40 Non-Mem/Mo
7:05-7:50pm	School Age Swim Lessons	Lifeguard	Basic	Pool	\$20 Mem & \$40 Non-Mem/Mo
7:00-8:00pm	Spin Class	Jessica	All	Spin/Cross Training	Free Mem & \$5 Non-M/class
Wednesday					
8:45-9:30am	Water Aerobics	Charlene	All	Pool	Free Mem & \$40 Non-M/Mo
9:45-10:45am	SilverSneakers	Algnette	Beginner	Aerobics Room	Free Mem & \$40 Non-M/Mo
5:00-6:00pm	Ball Aerobics	Mary	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
6:15-7:00pm	Water Aerobics	Natasha	All	Pool	Free Mem & \$40 Non-M/Mo
7:00-8:00pm	Spin Class	Jessica	All	Spin/Cross Training	Free Mem & \$5 Non-M/class
Thursday					
8:45-9:15am	Sister Strive	Algnette	All	Kidz Fitness	Free Mem & \$20 Non-M/Mo
9:30-10:00am	Glutes & Abs	Algnette	All	Aerobics Room	Free Mem & \$20 Non-M/Mo
9:45-10:30am	Water Aerobics	Dona	All	Pool	Free Mem & \$40 Non-M/Mo
5:30-6:30pm	Low Step Aerobics	Mary	Moderate	Aerobics Room	Free Mem & \$40 Non-M/Mo
7:00-8:00pm	Spin Class	Jessica	All	Spin/Cross Training	Free Mem & \$5 Non-M/class
Friday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
9:45-10:45am	SilverSneakers	Algnette	Beginner	Aerobics Room	Free Mem & \$40 Non-M/Mo
Saturday					
8:30-9:30am	Spin Class	Jessica	All	Spin/Cross Training	Free Mem & \$5 Non-M/class
11:00-11:45am	School Age Swim Lessons	Lifeguard	Basic	Pool	\$20 Mem & \$40 Non-Mem/mo
11:50-12:35pm	Preschool Swim Lessons	Lifeguard	Beginner	Pool	\$20 Mem & \$40 Non-Mem/mo
Child Watch	M-F 8:30am-12:30pm		M-TH 5:00pm-8:30pm		Sat 8:00am-11:30am