

Q1 Aqua and Land Fitness Schedule- revised 2/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		*ARTHRITIS*		*ARTHRITIS*		
		7-8AM		7-8AM		
8am						
9am	AI CHI 9-10a	DEEP H2O 9-10a	AI CHI 9-10a	DEEP H2O 9-10a	AI CHI 9-10a	
10am	HEALTHY JOINT 10-11a		HEALTHY JOINT 10-11a		HEALTHY JOINT 10-11a	AQUA AEROBICS 10-11a
11am	HEALTHY JOINT 11-a-12p	AQUA FIT 11a-12p	HEALTHY JOINT 11-a-12p	AQUA FIT 11a-12p	HEALTHY JOINT 11-a-12p	
12pm		AQUA AEROBICS 12-1p		AQUA AEROBICS 12-1p	AQUA BURN 12-1p	
1pm	HEALTHY BACK 1-2p	AQUA AEROBICS 1-2p	HEALTHY BACK 1-2p	AQUA AEROBICS 1-2p	HEALTHY BACK 1-2p	
2pm	*ARTHRITIS*		*ARTHRITIS*			
	2-3PM		2-3PM			
3pm						
4pm						
5pm	HEALTHY JOINT 5-6p	*ARTHRITIS*	HEALTHY JOINT 5-6p	*ARTHRITIS*	HEALTHY JOINT 5-6p	
6pm	AQUA AEROBICS 6-7p		AQUA AEROBICS 6-7p		AQUA AEROBICS 6-7p	
7pm		AQUA AEROBICS 7-8p		AQUA AEROBICS 7-8p		
	OPEN SWIM		ADULT SWIM		SWIM LESSONS/SCHOOL GROUPS	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am						
9am	WALK 15 (9-9:30a) BBB	ENHANCEFITNESS 9:30-10:30a	WALK 15 (9-9:30a) BBB	ENHANCEFITNESS 9:30-10:30a		
10am	9:30-10:30 BEG YOGA	CORE N MORE 10-10:50a	9:30-10:30 BEG YOGA	CORE N MORE 10-10:50a		
11am	10-11a		10-11a	INCLUSIVE M.A. 10:35-11:30a		
12pm						*CKD Class 12-1p (fit. center)
1pm						
2pm						
3pm						
4pm					CHAIR YOGA 4-5p	
5pm						
6pm	CHAIR YOGA 6-7p	*CKD Class 6-7p (fit. center)				
7pm						
	LAND-GYMNASIUM		LAND-CLASSROOM			

Fitness Class Prices

	Fitness Classes	Members	Non-Members
3 Day/wk	Ai Chi M/W/F 9am	\$30	\$60
	Healthy Back MWF 1pm		
	Aqua Aerobics M/W/F 6pm		
	Healthy Joint M/W/F 10am, 11am, 5pm		
2 Day/wk¹	Aqua Fit T/Th 11am	\$25	\$50
	Beginners Yoga 10 am		
	Aqua Aerobics ¹ T/Th 12 pm, 1pm, 7pm		
	Deep H2O Sweat T/Th 9am		
	EnhanceFitness® T/TH 9:30pm,		
	Core N More T/Th 10am		
	Better Bones & Balance M/W 9:30 am		
	Inclusive Martial Arts T/Th 10:35am		
1 Day/wk	Aqua Burn Fri 12pm ¹	\$15	\$30
	Aqua Aerobics Sat 10am ¹		
	Chair Yoga Fri 4 pm, Mon 6pm		
	Beginners Yoga Fri 4pm		
	Walk 15 M/W 9am		
	Inclusive Martial Arts Th 10:30am		
Drop-In		\$15	\$20

> Fitness Unlimited - \$125/month <

Aqua Membership, Fitness Center Membership and ALL classes (land and water)

¹SELECT AQUA AEROBICS CLASSES CAN BE COMBINED TO CREATE 3 DAY/WEEK PRICE

Prices Listed for Calendar Month. Prices Subject To Change, Verify Prices Before Writing Checks

Free Grant Program-member must qualify to participate