

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am						
9am	WALK 15 (9-9:30a)	ENHANCEFITNESS	WALK 15 (9-9:30a)	ENHANCEFITNESS		
	BBB	9:30-10:30a	BBB	9:30-10:30a		
10am	9:30-10:30	CORE N MORE	9:30-10:30	CORE N MORE		
	BEG YOGA	10-10:50a	BEG YOGA	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	*CKD Class				
	6-7p	6-7p (fit. center)				
7pm						
	LAND-GYMNASIUM		LAND-CLASSROOM			

# Fitness Class Prices

	Fitness Classes	Members	Non-Members
<b>3 Day/wk</b>	Ai Chi M/W/F 9am	<b>\$30</b>	<b>\$60</b>
	Healthy Back MWF 1pm		
	Aqua Aerobics M/W/F 6pm		
	Healthy Joint M/W/F 10am, 11am, 5pm		
<b>2 Day/wk<sup>1</sup></b>	Aqua Fit T/Th 11am	<b>\$25</b>	<b>\$50</b>
	Beginners Yoga 10 am		
	Aqua Aerobics <sup>1</sup> 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		
<b>1 Day/wk</b>	Aqua Burn Fri 12pm <sup>1</sup>	<b>\$15</b>	<b>\$30</b>
	Aqua Aerobics Sat 10am <sup>1</sup>		
	Chair Yoga Fri 4 pm, Mon 6pm		
	Beginners Yoga Fri 4pm		
	Walk 15 M/W 9am		
	Inclusive Martial Arts Th 10:30am		
<b>Drop-In</b>		<b>\$15</b>	<b>\$20</b>

> Fitness Unlimited - \$125/month <

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

<sup>1</sup>SELECT 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\**