

WELLNESS SCHEDULE

May 2018 - Oct. 2018



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|-----------------------|-----------------------------------|-----------------------|-----------------------------------|--------------|
| 8:00am | Total Body Fitness | | Total Body Fitness | | Circuit |
| 8:45am | Aqua 402 | Meditation | Cardio Core Fusion | Weights N' Water | Aqua Dance |
| 9:30am | Weights, Bands & More | Water Walking Balance & Agility | Weights, Bands & More | Water Walking Balance & Agility | Gentle Moves |
| 10:15am | Total Body Fitness | Chair Yoga Plus | Total Body Fitness | | Line Dancing |
| 11:15am | | Body Challenge | Strider Club | Power 10 | |
| 2:00pm | Line Dancing | | | | |
| 2:30pm | | | | Synchro Basic | |
| 3:00pm | | | | Body Challenge | |
| 3:30pm | | | | Swimming Lessons | |
| 4:00pm | | Water Volleyball | | | |
| 4:30pm | Pi/Yo | | | | |
| 5:00pm | Floor Yoga | | | | |

