



January Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:45-9:30 AM <i>Early Bird</i> <i>Water Aerobics</i> Sue</p> <p>10:00-11:00 AM <i>Senior Water Aerobics</i> Age 55+ \$2.00 non-members</p> <p>5:30-6:30 PM Zumba Jen</p> <p>6-7:15pm Yoga</p>	<p>7:35-8:20am <i>Sunrise Aqua-Jogging</i> (belt required) Noreen</p> <p>8:45-9:30 AM <i>Early Bird Water</i> <i>Aerobics</i> Gina</p> <p>9:00-10:30 AM <i>Yoga</i> Sandy</p> <p>10 AM-11:045 AM <i>Water Aerobics</i> Toni</p> <p>11-11:45am Pilates Shellie</p> <p>5:30-6:30 PM <i>Zumba</i> Kathy</p> <p>6:00-6:45 PM <i>Aqua Jogging</i> (belt required) Connie</p> <p>6:30-7:30pm Bokwa Francine</p> <p>6:50-7:30 PM <i>Water Aerobics</i> Toni</p>	<p>9-9:45am <i>Aqua Zumba</i> Kristin</p> <p>10:00-11:00 AM <i>Senior Water Aerobics</i> Age 55+ \$2.00 non-members</p> <p>6-7:15pm Yoga</p>	<p>8:45-9:30 AM <i>Early Bird</i> <i>Water Aerobics</i> (need barbells) Gina</p> <p>9:00-10:15 AM <i>Yoga</i> Sandy</p> <p>10:00-10:45 AM <i>Water Aerobics</i> Toni</p> <p>5:30-6:30 PM <i>Zumba</i> Jen</p> <p>6:30-7:15pm Strike and Punch Francine</p> <p>6:00-6:45 PM <i>Aqua Jogging</i> (belt required) Connie</p> <p>7:00-7:45 PM <i>Water Aerobics</i> Toni</p>	<p>8:45-9:45 AM <i>Aqua-Jogging</i> (belt required) Kathy</p> <p>10:00-11:00 AM <i>Senior Water Aerobics</i> Age 55+ \$2.00 non-members</p>	<p>8:30-9:15 AM <i>Water Aerobics</i> Toni</p>