

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am Splash Calisse - Pool	9:30-10:30am Splash Paula - Pool	8:30-9:30am Deep Water Splash Nancy - Pool	9:30-10:30am Splash Paula - Pool	9:30-10:30am Splash Terri - Pool
11:15am- 12:15pm SilverSneakers Classic* Calisse - AR 	11:15am- 12:15am SilverSneakers Circuit* Andrea - AR 	11:15am- 12:15pm SilverSneakers Classic* Melinda - AR 	11:15am- 12:15pm SilverSneakers Circuit* Andrea - AR 	
12:30-1:30pm Gentle Fitness Sharon - AR	12:30-1:15pm SilverSneakers Cardio Andrea - AR 	12:30-1:30pm Gentle Fitness Sharon - AR		12:30-1:30pm Gentle Fitness Sharon - AR
1:30-2:30pm SilverSneakers Classic Calisse- AR 			6:30-7:30 pm Splash Calisse - Pool	1:30-2:30pm SilverSneakers Classic Calisse - AR 

AR-Aerobics Room

* Class Pass Required - Pick up at Front Desk
up to 1 hour before the start of class

SilverSneakers Orientation

2nd & 4th Wednesday of every
month from 2:30-3:30pm