

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am <b>Splash</b> Calisse - Pool	9:30-10:30am <b>Splash</b> Paula- Pool	8:30-9:30am <b>Deep Water Challenge</b> Nancy - Pool	9:30-10:30am <b>Splash</b> Paula - Pool	9:30-10:30am <b>Splash</b> Terri - Pool
11:15am-12:15pm <b>Forever Fit*</b> Calisse - AR	11:15am-12:15am <b>Forever Fit Level 2*</b> Andrea - AR	11:15am-12:15pm <b>Forever Fit*</b> Melinda - AR	11:15am-12:15pm <b>Forever Ft Level 2*</b> Andrea - AR	
12:30-1:30pm <b>Gentle Fitness</b> Sharon - AR	12:30-1:15pm <b>Forever Fit Level 3*</b> Andrea - AR	12:30-1:30pm <b>Gentle Fitness</b> Sharon - AR		12:30-1:30pm <b>Gentle Fitness</b> Sharon - AR
1:30-2:30pm <b>SilverSneakers Classic</b> Micki - AR 			6:45-7:30 pm <b>Splash</b> Calisse - Pool	1:30-2:30pm <b>SilverSneakers Classic</b> Micki - 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