

Class Schedule

MON	TUE	WED	THU	FRI	SAT
6:15-7:15 AM Aerobics Patty W.	8:00 AM-12:00 PM Child Care	6:15-7:15 AM Aerobics Patty W.	8:00 AM-12:00 PM Child Care	6:15-7:15 AM Aerobics Patty W.	8:00-9:00 AM 1st & 3rd Sat
8:00 AM-12:00 PM Child Care	8:00-9:00 AM Interval Training Sandy	8:00 AM-12:00 PM Child Care	8:00-9:00 AM Interval Training Sandy	8:00 AM-12:00 PM Child Care	DEGREE Ginger
8:00-9:00 AM Cardio Strength Carolyn	9:00-10:00 AM Water Strength/Yoga Sharon	8:00-9:00 AM Cardio Strength Carolyn	9:00-10:00 AM Water Strength/Yoga Sharon	8:00-9:00 AM Cardio Strength Carolyn	9:15-10:15 AM 1st & 3rd Sat
9:00-10:00 AM Cardio Splash Audrey	9:15-10:15 AM Restorative Yoga Ginger	9:00-10:00 AM Cardio Splash Audrey	9:15-10:15 AM Restorative Yoga Ginger	9:00-10:00 AM Cardio Splash Audrey	Yoga Ginger
9:15-9:45 AM Core Conditioning Ginger	9:30 AM-12:00 PM Blood Pressure/Diabetes Shelley	9:15-10:15 AM Pilates Sandy	10:30-11:30 AM Water Therapy Sharon	9:15-9:45 AM Core Conditioning Ginger	11:00-12:00 PM Zumba Sheila
9:45-10:45 AM Yoga at Wyboo Cherie	10:30-11:30 AM Water Therapy Sharon	1:00-2:00 PM Water Therapy Shelley	11:00 AM-12:00 PM Yoga at Wyboo Ginger	9:30 AM-12:00 PM Blood Pressure/Diabetes Barbara	
1:00-2:00 PM Water Therapy Shelley	1:00-2:00 PM Water Therapy Shelley	3:30-7:00 PM Child Care	1:00-2:00 PM Water Therapy Shelley	9:45-10:45 AM Yoga at Wyboo Cherie	
3:30-7:00 PM Child Care	3:30-7:00 PM Child Care	5:00-6:00 PM Vinyasa Flow Yoga Cherie	3:30-7:00 PM Child Care	1:00-2:00 PM Water Therapy Shelley	
5:00-6:00 PM DEGREE Ginger	5:00-6:00 PM DEGREE Ginger	6:00pm-7:00pm Zumba Sheila	5:00-6:00 PM DEGREE Ginger	3:30-7:00 PM Child Care	
6:00-7:00 PM R.E.N.E.E Renee	5:00-7:00 PM Cardio Strength Carolyn		5:00-7:00 PM Cardio Strength Carolyn	5:30-8:00 PM Family Swim Time	