

HOURS:  
 Monday-Thursday 6:00am-9:00pm  
 Friday 6:00am-7:00pm  
 Saturday 8:00-4:00pm  
 Sunday 1:00pm-5:00pm



CLASSES:  
 \*Free for Members/\$5.00 for Non-Members  
 \*\$4.00 for Members/\$10.00 for Non-Members  
 \*\$2.00 for Members/\$6.00 Non-Members  
 \*\$4.00 per class for Members/\$6.00 Monthly Non-Members

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3:00 Yoga	2 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 2:00-3:00 Swim Team 6:00p Power Abs 6:30p Step n Sculpt Karate and Core cancelled	3 2:00-3:00 Swim Team 5:30p H2O Aerobics 6:00-6:45 Lev. 1 Swimming Less 7:00-7:45 Lev. 1 Swimming Less 6:30p Spin Karate and Core Cancelled	4 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 6:30p Power Abs 7:00p Zumba	5 3:00-4:00p Youth Karate 4:00-5:00 Youth Karate 4:00-5:00 Swim Team 5:15p Core Strength 5:30p H2O Aerobics 6:30p Spin 7:45-8:45 Adult Karate	6 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team	7 9:30am Spin
8	9 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 5:00-6:00p Youth Karate 6:00p Power Abs 6:30p Step n Sculpt 7:45-8:45 Adult Karate	10 3:00-4:00p Youth Karate 4:00-5:00 Swim Team 5:15-6:15P Adult Karate 5:30p H2O Aerobics 6:00-6:45 Lev. 1 Swimming Less 7:00-7:45 Lev. 1 Swimming Less 6:30p Spin	11 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 6:30p Power Abs 7:00p Zumba	12 3:00-4:00p Youth Karate 4:00-5:00 Youth Karate 4:00-5:00 Swim Team 5:15p Core Strength 5:30p H2O Aerobics 6:30p Spin 7:45-8:45 Adult Karate	13 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team	14 9:30a Spin
15	16 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 5:00-6:00p Youth Karate 6:00p Power Abs 6:30p Step n Sculpt 7:45-8:45 Adult Karate	17 3:00-4:00p Youth Karate 4:00-5:00 Swim Team 5:15-6:15P Adult Karate 5:30p H2O Aerobics 6:00-6:45 Lev. 1 Swimming Less 7:00-7:45 Lev. 1 Swimming Less 6:30p Spin	18 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 6:30p Power Abs 7:00p Zumba	19 3:00-4:00p Youth Karate 4:00-5:00 Youth Karate 4:00-5:00 Swim Team 5:30p H2O Aerobics 5:30p Yoga 6:30p Spin 7:45-8:45 Adult Karate	20 10:15a H2O Aerobics 10:30a Yoga 3:00-5:00p Kids Core 4:00-5:00 Swim Team	21 9:30a Spin
22 3:00pm Yoga	23 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 5:00-6:00p Youth Karate 6:00p Power Abs 6:30p Step n Sculpt 7:45-8:45 Adult Karate	24 3:00-4:00p Youth Karate 4:00-5:00 Swim Team 5:15-6:15P Adult Karate 5:30p H2O Aerobics 6:00-6:45 Lev. 1 Swimming Less 7:00-7:45 Lev. 1 Swimming Less 6:30p Spin	25 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 5:30p Yoga 6:30p Power Abs 7:00p Zumba	26 3:00-4:00p Youth Karate 4:00-5:00 Youth Karate 4:00-5:00 Swim Team 5:15p Core Strength 5:30p H2O Aerobics 6:30p Spin 7:45-8:45 Adult Karate	27 9:00a H2O Exercise 10:15a H2O Aerobics 10:30a Yoga 3:00-5:00p Kids Core 4:00-5:00 Swim Team	28 9:30a Spin
29 3:00pm Yoga	30 9:00a Core Strength 9:00a H2O Exercise 10:15a H2O Aerobics 3:00-5:00p Kids Core 4:00-5:00 Swim Team 5:00-6:00p Youth Karate 6:00p Power Abs 6:30p Step n Sculpt 7:45-8:45 Adult Karate	31 3:00-4:00p Youth Karate 4:00-5:00 Swim Team 5:15-6:15P Adult Karate 5:30p H2O Aerobics 6:00-6:45 Lev. 1 Swimming Less 7:00-7:45 Lev. 1 Swimming Less 6:30p Spin				