

# JANUARY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Classes are held in the Studio <u>unless otherwise noted</u></i></p> <p><i>Please bring a bottle of water to class</i></p> <p><i>Classes subject to cancel due to low participation</i></p>	<p><b>Water Toning</b> (Lee) 7:30-8:15am Lap Pool</p>	<p><b>Silver Sneakers Classic</b> (Lee) 11:15-12:05pm</p>	<p><b>Water Toning</b> (Lee) 7:30-8:15am Lap Pool</p>	<p><b>Saturday</b></p> <p><b>POUND Rockout Workout</b> (Ashley/Tracy) 9-9:45am</p> <p><i>Check at the front desk for our Speciality Fitness Class Punch Cards!!</i></p>
	<p><b>Aqua Yoga</b> (Lee) 8:30-9:15am Lap Pool</p>	<p><i>Please scan or check at front desk for most current schedule</i></p> <p><i>*Classes subject to change monthly</i></p>	<p><b>Aqua Yoga</b> (Lee) 8:30-9:15am Lap Pool</p>	
	<p><b>SilverFitness Splash</b> (Lee) 9:15-10:00am Lap Pool</p>		<p><b>SilverFitness Splash</b> (Lee) 9:15-10:00am Lap Pool</p>	
	<p><b>Silver Sneakers Classic</b> (Lee) 10:10-11:00am</p>	<p><b>Silver Sneakers Yoga</b> (Lee) 11:15-12:05pm</p>	<p><b>Silver Chair Yoga</b> (Bob) 2:30-3:30pm</p>	
<p><b>Rock Bottom</b> (Ashley/Tracy) 5-5:50pm</p>	<p><b>Combo Water Workout</b> (Melissa) 6:00-6:45pm</p>	<p><b>Tabata &amp; Tone*</b> (Tracy) 6-6:50pm</p>	<p><b>Combo Water Workout</b> (Melissa) 6:00-6:45pm</p>	
<p><b>Gentle Yoga</b> (Bob) 5:30-6:45pm Community - B</p>	<p><b>Hardcore</b> (Ashley) 6-7:00pm</p>	<p><b>YOGATHLETE</b> (Ashley) 6-7:00pm Multi-A</p>		
<p><b>Tabata &amp; Tone*</b> (Tracy) 6-6:50pm</p>	<p><b>Open Yoga</b> (Bob) 6-7:15pm Community - B</p>		<p><b>Hardcore</b> (Ashley) 6-7:00pm</p>	

Inquire at the front desk about our BIGGEST WINNER COMPETITION! Taking fitness classes can help you earn points towards prizes!

