

July 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>Water Toning (Lee) 7:30-8:15am Lap Pool</p>	<p>Silver Sneakers Classic (Lee) 11:15-12:05pm</p>	<p>Water Toning (Lee) 7:30-8:15am Lap Pool</p>	
	<p>Aqua Yoga (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>Aqua Yoga (Lee) 8:30-9:15am Lap Pool</p>	<p>Saturday</p>
	<p>SilverFitness Splash (Lee) 9:15-10:00am Lap Pool</p>		<p>SilverFitness Splash (Lee) 9:15-10:00am Lap Pool</p>	<p>POUND Rockout Workout (Ashley/Tracy) 9-9:45am</p>
	<p>Silver Sneakers Classic (Lee) 10:10-11:00am</p>	<p>Tabata & Tone* (Tracy) 6-6:50pm</p>	<p>Silver Sneakers Classic (Lee) 1:00-1:50pm</p>	<p><i>Check at the front desk for our Pound punch cards!!</i></p>
<p>Rock Bottom (Ashley/Tracy) 5-5:50pm</p>	<p>Silver Sneakers Yoga (Lee) 11:15-12:05pm</p>	<p>YOGATHLETE (Ashley) 6-7:00pm Multi-A</p>	<p>Silver Chair Yoga (Bob) 2:30-3:30pm</p>	
<p>Gentle Yoga (Bob) 5:30-6:45pm Community - B</p>	<p>Combo Water Workout (Melissa) 6:00-6:45am Lazy River</p>	<p>POUND Rockout Workout (Ashley/Tracy) 7:15-8:00pm</p>	<p>Combo Water Workout (Melissa) 6:00-6:45am Lazy River</p>	
<p>Tabata & Tone* (Tracy) 6-6:50pm</p>	<p>Hardcore (Ashley) 6-7:00pm</p>		<p>Hardcore (Ashley) 6-7:00pm</p>	
	<p>Open Yoga (Bob) 6-7:15pm Community - B</p>			

