



June Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Classes in blue are in the water in the lap pool.</i></p>	<p>Splash & Tone (Lee) 8:15-9:00am</p>	<p>SilverSneakers Classic (Lee) 11:15am-12:05pm</p>	<p>Splash & Tone (Lee) 8:15am-9:00am</p>	<p>*NEW* Power Yoga (Sammy) 5pm- 6pm <u>Starts June 22nd</u></p>
	<p>Aqua Yoga (Lee) 9:10-9:55am</p>		<p>Aqua Yoga (Lee) 9:10-9:55am</p>	
<p><i>Classes in yellow have an extra charge.</i></p>	<p>Silver Sneakers Classic (Lee) 10:00-10:50am</p>			<p>Silver Chair Yoga (Bob) 2:30-3:30pm</p>
<p>SilverSneakers Yoga (Lee) 1:00-2:00 pm</p>	<p>Zumba (Velinda) 5-5:50pm</p>	<p>Circuits & Toning* (Tracy) 6-6:50pm</p>		<p>Zumba (Velinda) 5-5:50pm</p>
<p>Rock Bottom (Ashley/Tracy) 5-5:50pm</p>	<p>Combo Water Workout (Melissa) 6:00-6:45pm</p>	<p>Power Yoga for Athletes (Ashley) 6-7:00pm Multi-A</p>	<p>Combo Water Workout (Melissa) 6-6:45pm</p>	
<p>Gentle Yoga (Bob) 5:30-6:45pm Community -B</p>	<p>Hardcore (Ashley) 6:00-7:00pm</p>	<p>Circuits & Toning* (Tracy) 6-6:50pm</p>	<p>Hardcore (Ashley) 6-7:00pm</p>	
<p>Circuits & Toning* (Tracy) 6-6:50pm</p>	<p>Open Yoga (Bob) 6-7:15pm Community - B</p>			

**Classes are held in the Studio unless otherwise noted*

**Please bring a bottle of water to class*

**Classes subject to cancel due to low participation*

**Please scan or check at front desk for most current schedule*

**Classes subject to change monthly*

**Specialty class pricing listed in class listing, drop-in rates available*

