



**Drop in to any adult fitness class for \$20, your first class is FREE!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	6:30a-7:30a Masters Swim	
	5:45a-7:00a Tri-Swim	5:45a-7:00a Bike Workout	6:00a-7:30a Tri-Track (Clint Small MS)	5:45a-7:00a Bike Workout	5:45a-7:00a Tri-Swim		
MORNINGS	6:00a-7:00a Group Strength	6:00a-7:00a Group Power	6:00a-7:00a Group Conditioning	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength		
	7:00a-8:00a Group Conditioning	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Conditioning	7:00a-8:00a Group Power	7:00a-11:00a Group Bike	7:00a-9:00a Group Run Town lake
	8:00a-9:00a Group Strength	7:15a-8:30a Bike Workout	8:00a-9:00a Group Conditioning	7:15a-8:30a Bike Workout	8:00a-9:00a Group Strength	8:00-9:00a Group Strength & Conditioning	
	7:45a-8:45a Masters Swim	9:00a-10:15a Bike Workout	7:45a-8:45a Masters Swim	9:00a-10:15a Bike Workout	7:45a-8:45a Masters Swim		
MIDDAYS	12:00p-1:00p Group Conditioning	12:00p-1:00p Group Power	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	12:00p-1:00p Group Power		
	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim		
EVENINGS	4:30p-5:30p Junior Tri Swim	4:30p-5:30p Junior Tri Bike (at the Veloway)		4:30p-6:00p Junior Tri Strength, Run, Swim			
		5:30p-6:30p Group Strength					
		6:00p-7:15p Bike Workout	7:00-8:00p Tri-Swim	6:00p-7:15p Bike Workout			

