



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	5:45a-6:50a Masters Swim	
MORNINGS			6:00a-6:50a Group Strength & Conditioning		6:00a-6:50a Group Strength & Conditioning		
	7:30a-8:20a Group Strength & Conditioning	7:30a-8:20a Group Strength & Conditioning	7:30a-8:20a Group Strength & Conditioning		7:30a-8:20a Group Strength & Conditioning		
	8:30a-9:20a Group Strength & Conditioning		8:30a-9:20a Group Strength & Conditioning		8:30a-9:20a Group Strength & Conditioning		
	9:00a-10:00a Masters Swim		9:00a-10:00a Masters Swim		9:00a-10:00a Masters Swim		
MIDDAYS	12:00p-12:50p Group Strength & Conditioning		12:00p-12:50p Group Strength & Conditioning		12:00p-12:50 Group Strength & Conditioning	11:20a-12:00p Group Strength & Conditioning	
	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		5:00p-5:50p Group Strength & Conditioning		5:45p-6:35p Group Strength & Conditioning			



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Health & Fitness

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