



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 | 6:00a-7:00a Masters Swim | |
| MORNINGS | | | | | | | |
| | | 6:15a-7:10a Group Strength & Conditioning | | 6:15a-7:10a Group Strength & Conditioning | | | |
| | 7:15a-8:10a Group Strength & Conditioning | 7:15a-8:10a Group Strength & Conditioning | 7:15a-8:10a Group Strength & Conditioning | 7:15a-8:10a Group Strength & Conditioning | 7:15a-8:10a Group Strength & Conditioning | | |
| | 8:00a-9:00a Masters Swim | | 8:00a-9:00a Masters Swim | | 8:00a-9:00a Masters Swim | 9:30a-10:25a Group Strength & Conditioning | |
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| MIDDAYS | | | | | | | |
| | 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 | | |
| | | 2:00p-2:55p Group Strength & Conditioning | | 2:00p-2:55p Group Strength & Conditioning | | | |
| | | | | | | | |
| EVENINGS | | | | | | | |
| | 4:00p-4:55p Group Strength & Conditioning | | 4:00p-4:55p Group Strength & Conditioning | | 4:00p-4:55p Group Strength & Conditioning | | |
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Health & Fitness

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