

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am-6:45am			Making Waves (Bree)		Making Waves (Bree)		Making Waves (Bree)
7:30am-8:30am							Aqua Beat (Danielle)
8:00am-9:00am							Cardio Sculpt (Amy)
9:00am-9:45am		Kick N Core (Darlene)	Strength & Stretch (Darlene)	Kick N Core (Darlene)	Strength & Stretch (Darlene)	Beginner Spin (Darlene)	
						Beginner Tai Chi (Reuben) (starts 9/10/21)	
10:00am-10:45am		Sit & Fit (Darlene)	Yoga/flexibility (Darlene)	Sit & Fit (Darlene)	Yoga/flexibility (Darlene)	Advance Tia Chi (Reuben) (starts 9/10/21)	
12:15pm-1:00pm			SilverSneaker Aqua (Linn)		SilverSneaker Aqua (Linn)		
5:30PM-6:30PM		Muscle Sculpting (1hr) (Kathy)	Zumba (NicoleL)	Muscle Sculpting (Kathy) (45 min)	Zumba (Nicole L)		
			Spin (Nicole) (starts 9/7/21)		Spin (Nicole) (starts 9/7/21)		
6:00pm-7:00pm			Aqua Tone It Up (Dick)	Oula (Des) 6:15pm (starts 9/8/21)	Aqua Craziiness (Danielle)		
6:30pm-7:00pm		Yoga (Kathy)					
Legend	Class held in the pool	Flexibility, Balance, & Stability	Muscle Strength & Endurance	Dance Style Aerobics	Aerobic & Core Conditioning	Endurance/ Cardio on the Bike Downstairs	Total Body Conditioning

**Note: The Pool is not available for open swim or individual workouts when there is a water aerobic class being conducted.**

### CLASS DESCRIPTIONS

**Making Waves:** Low impact moderate cardio water class, focusing on Strength, flexibility, and Stability. Suitable for most fitness levels

