

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00- 8:45 AM  CYCLING 101 <i>Cycling Room Larry</i>				8:00-8:45 AM  CYCLING 101 <i>Cycling Room Larry</i>	
8:00 - 9:00 AM Low Impact Aerobics <i>Gym Mary</i>	8:00-8:45 AM Deep WATER AEROBICS <i>POOL Karen</i>	8:00 - 9:00 AM Low Impact Aerobics <i>Gym Mary</i>	8:00-8:45 AM DEEP WATER AEROBICS <i>POOL Karen</i>	8:00 - 9:00 AM Low Impact Aerobics <i>Gym Mary</i>	
8:00-8:45 AM Shallow WATER AEROBICS <i>POOL Rigg</i>	8:00-9:00 AM  CYCLING <i>Cycling room Mary</i>	8:00-8:45 AM Shallow WATER AEROBICS <i>POOL Rigg</i>	8:00-9:00 AM  CYCLING <i>Cycling Room Mary</i>	8:00-8:45 AM Shallow WATER AEROBICS <i>POOL Rigg</i>	
8:45-9:30 AM AQUA ARTHRITIS/WATER WALKING <i>Pool Rigg</i>	9:00 - 10:00 AM AERODANCE <i>Annex Lori</i>	8:45-9:30 AM AQUA ARTHRITIS/WATER WALKING <i>Pool Rigg</i>	9:00 - 10:00 AM AERODANCE <i>Annex Lori</i>	8:45-9:30 AM AQUA ARTHRITIS/WATER WALKING <i>Pool Rigg</i>	
9:00-10:00 AM \$ ZUMBA <i>Annex TONY</i>	9:15 - 10:00 AM SENIORS IN MOTION <i>Gym Mary</i>	9:00-10:00 AM \$ ZUMBA <i>Annex TONY</i>	9:15 - 10:00 AM SENIORS IN MOTION <i>Gym Mary</i>		9:00-10:00 AM  CYCLING <i>Cycling room Caroline</i>
	10:15-11:30 AM PIYO <i>Annex Kerrin</i>			10:15-11:30AM PIYO <i>Annex Kerrin</i>	
11:30-12:30 PM  CYCLING <i>Cycling room Meagan</i>		11:30-12:30 PM  CYCLING <i>Cycling room Meagan</i>		11:30-12:30 PM  CYCLING <i>Cycling room Meagan/Mary</i>	
5:00-5:45 PM Balls, Bands, & Weights <i>Annex Bonnie</i>	5:15 - 6:15 PM POWER HOUR ANNEX <i>Bonnie</i>		5:15 - 6:15 PM POWER HOUR ANNEX <i>Bonnie</i>		
5:30-7:00 PM \$ TRI ATHLON TRAINING <i>POOL, Cycling Room, TRACK Mary</i>	5:30-6:30 PM  CYCLING <i>Cycling room Caroline</i>	5:30-7:00 PM \$ TRI ATHLON TRAINING <i>POOL, Cycling Room, TRACK Mary</i>	5:30-6:30 PM  CYCLING <i>Cycling room Caroline</i>		
6:00-7:00 PM AERODANCE <i>Annex Lori</i>		6:00-7:00 PM AERODANCE <i>Annex Lori</i>			