



# Fitness



CLASS	Days	Times
Arthritis	Tues & Thurs	9:15 to 10:15am
Back Wellness	Tues & Thurs	11 to 12pm
Early Bird		
Aerobics	Mon, Wed & Fri	5:30 to 6:30am
Deep H 2 O	Mon, Wed & Fri	9 to 10am
Water Wellness	Mon, Wed & Fri	10 to 11am
Aerobic Fitness	Mon, Wed & Fri	11 to 12pm
WOGA	Wed	3:30 to 4:15pm
WOGA	Monday Nights	6:30 to 7:15pm
Aqua Fit	Mon, Wed & Fri	5:30 to 6:30pm
<u>Beginning July 9th</u> ZUMBA	Friday Nights	5:30 to 6:30pm