

HEALTHY LIVING

Improving the nation's health and well-being.



HEALTH, WELL-BEING & FITNESS

WATER					
**All classes are held in the 8-Lane Pool unless otherwise specified.					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00am	Early Birds	Early Birds	Early Birds	Early Birds	Early Birds
8:30-9:30am	Aqua Boot Camp 4-LANE		Aqua Boot Camp 4-LANE		Aqua Boot Camp 4-LANE
9:00-9:45am	Women's Exercise	Women's Exercise	Women's Exercise	Women's Exercise	Women's Exercise
9:45-10:45am	Water Lillies & Bull Frogs	Water Lillies & Bull Frogs	Water Lillies & Bull Frogs	Water Lillies & Bull Frogs	Water Lillies & Bull Frogs
9:45-10:45am	1/2 AFAP 1/2 Step Up FAMILY POOL		1/2 AFAP 1/2 Step Up FAMILY POOL		1/2 AFAP 1/2 Step Up FAMILY POOL
10:45-11:45am	1/2 AFYP 1/2 Step Up FAMILY POOL	Aqua Zumba 12-12:45	1/2 AFAP 1/2 Step Up FAMILY POOL	Aqua Zumba 12-12:45	1/2 AFAP 1/2 Step Up FAMILY POOL
1:00-2:00pm	Young at Heart	Young at Heart	Young at Heart	Young at Heart	Young at Heart
5:45-6:45pm	Aqua Rock	Happy Hour	Aqua Boot Camp	Happy Hour	

Members Free Program Participants \$65/6 weeks

Classes held in:

***Group Exercise
Studio(GES)
**North Gym
*** Loft**

Classes are subject to change, based on participation.