

## AUGUST 2019 FITNESS CLASS SCHEDULE

<b>Fitness Classes</b> Located in the Craft Room/Hobby Room	<b>Aquatics</b> Swimming Pool and Spa Hours
<b><u>Mondays</u></b> 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength	<b><u>Mondays</u></b> 7:30-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance 12:30-2:30: Open Swim 2:30-3:30: Aquatic Fitness Class
<b><u>Tuesdays</u></b> ---No Classes currently scheduled---	<b><u>Tuesdays</u></b> 7:30-12:00: Open Swim 12:30-1:30: Open Swim 1:30-2:30: Aquatic Fitness Class
<b><u>Wednesdays</u></b> 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength	<b><u>Wednesdays</u></b> 7:30-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance 12:30-2:30: Open Swim 2:30-3:30: Aquatic Fitness Class
<b><u>Thursdays</u></b> ---No Classes currently scheduled---	<b><u>Thursdays</u></b> 7:30-12:00: Open Swim 12:30-1:30: Open Swim 1:30-2:30: Aquatic Fitness Class
<b><u>Fridays</u></b> 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength	<b><u>Fridays</u></b> 7:30-8:30: Open Swim 8:30-9:30: Aquatic Fitness Class 9:30-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance