## **AUGUST 2019 FITNESS CLASS SCHEDULE**

Fitness Classes Located in the Craft Room/Hobby Room  Mondays 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength  TuesdaysNo Classes currently scheduled  Wednesdays 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength  Tuesdays 7:30-12:00: Open Swim 12:30-12:00: Open Swim 1:30-2:30: Aquatic Fitness Class  Wednesdays 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength  Tuesdays 7:30-12:00: Open Swim 1:30-2:30: Aquatic Fitness Class  Wednesdays 10:00-10:30: Morning Stretch/ Balance 1:30-2:00: Balance and Strength  Title Dept. Swim 11:00-12:00: Fall Prevention/Balance 12:30-2:30: Open Swim
Nondays   10:00-10:30: Morning Stretch/ Balance   1:30-2:00: Balance and Strength   11:00-12:00: Fall Prevention/Balance   12:30-2:30: Open Swim   2:30-3:30: Aquatic Fitness Class    No Classes currently scheduled   12:30-12:00: Open Swim   12:30-12:00: Open Swim   12:30-12:30: Open Swim   12:30-12:30: Open Swim   12:30-12:30: Aquatic Fitness Class    No Classes currently scheduled   12:30-12:00: Open Swim   12:30-12:00: Open Sw
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1:30-2:00: Balance and Strength       11:00-12:00: Fall Prevention/Balance         12:30-2:30: Open Swim       2:30-3:30: Aquatic Fitness Class         Tuesdays       7:30-12:00: Open Swim        No Classes currently scheduled       12:30-1:30: Open Swim         1:30-2:30: Aquatic Fitness Class       Wednesdays         10:00-10:30: Morning Stretch/ Balance       7:30-11:00: Open Swim         1:30-2:00: Balance and Strength       11:00-12:00: Fall Prevention/Balance         12:30-2:30: Open Swim
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2:30-3:30: Aquatic Fitness Class
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7:30-12:00: Open Swim
No Classes currently scheduled 12:30-1:30: Open Swim
1:30-2:30: Aquatic Fitness Class
Fridays Fridays
10:00-10:30: Morning Stretch/ Balance 7:30-8:30: Open Swim
1:30-2:00: Balance and Strength 8:30-9:30: Aquatic Fitness Class
9:30-11:00: Open Swim
11:00-12:00: Fall Prevention/Balance