

Fitness Class Schedule

February 2020

Fitness Classes Located in the Craft Room/Hobby Room	Aquatics Swimming Pool and Spa Hours
<u>Mondays</u> 10:00-10:30: Morning Stretch/Balance 1:30-2:00: Balance and Strength	<u>Mondays</u> 7:30-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance with Brian 12:30-2:30: Open Swim 2:30-3:30: Aquatic Fitness Class with Bahar
<u>Tuesdays</u> ---No Classes currently scheduled---	<u>Tuesdays</u> 7:30-12:00: Open Swim 12:30-1:30: Open Swim 1:30-2:30: Aquatic Fitness Class with Teresa
<u>Wednesdays</u> 10:00-10:30: Morning Stretch/Balance 1:30-2:00: Balance and Strength	<u>Wednesdays</u> 7:30-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance with Brian 12:30-2:30: Open Swim 2:30-3:30: Aquatic Fitness Class with Brian
<u>Thursdays</u> ---No Classes currently scheduled---	<u>Thursdays</u> 7:30-12:00: Open Swim 12:30-1:30: Open Swim 1:30-2:30: Aquatic Fitness Class with Teresa
<u>Fridays</u> 10:00-10:30: Morning Stretch/Balance 1:30-2:00: Balance and Strength	<u>Fridays</u> 7:30-8:30: Open Swim 8:30-9:30: Aquatic Fitness Class with Julie 9:45-11:00: Open Swim 11:00-12:00: Fall Prevention/Balance with Brian