

## FREE Group Exercise Classes with Membership - Water Classes; Lap Pool, Therapy Pool, and Water Walking Class Schedule



Mon	Tue	Wed	Thu	Fri
<b>Water Walking;</b> 9:30-11a(Water Park) <b>Wet n Wild;</b> 9-9:50a (Lap) <b>Warm Water Workout;</b> 5:00-5:50pm (Therapy)	<b>Fluid Fusion;</b> 8:30-9:30a (Lap) <b>Silver Splash:</b> 9:30-10:30a (Lap) <b>Water Walking;</b> 9:30-11a & 5:30-7p (Water Park)	<b>Water Walking;</b> 9:30-11a (Water Park) <b>Wet n Wild;</b> 9-9:50a (Lap) <b>Warm Water Workout;</b> 5:00-5:50pm (Therapy)	<b>Fluid Fusion;</b> 8:30-9:30a (Lap) <b>Water Walking;</b> 9:30-11a & 5:30-7p (Water Park) <b>Silver Splash:</b> 9:30-10:30a (Lap)	<b>Water in Motion;</b> 9-9:50a (Lap) <b>Water Walking;</b> 9:30-11a (Water Park)
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# FREE Group Exercise Classes with Membership - Land Classes; Group Exercise South, North, and Sports Performance Room



Mon	Tue	Wed	Thu	Fri	Sat
Ageless Yoga: 8a (GEN) Body Pump: 9a (GEN) SilverSneakers Classic: 9a (GES) SilverSneakers Circuit: 10a (GES) Basic Yoga: 10:10a (GEN) Tai Chi: 11:10a (GEN) Body Pump: 12p (GEN) Cardio Kick: 5p (GEN) Indoor Cycling: 5p (SPR) Body Pump: 6p (GEN)	Body Pump: 5:15a (GEN) Body Pump: 6:30a (GEN) Indoor Cycling: 7a (SPR) Ageless Yoga: 8a (GEN) SilverSneakers Cardio: 9a (GEN) Indoor Cycling: 9:05a (SPR) Pilates: 4:45-5:45p (GES) Upbeat: 5:10p (GEN) Indoor Cycling: 5:45p (SPR) Zumba: 6p (GEN)	Body Attack: 5:15a (GEN) Ageless Yoga: 8a (GEN) Body Pump: 9a (GEN) SilverSneaker Classic: 9a (GES) SilverSneaker Circuit: 10a (GES) BodyPump: 12p (GEN) Indoor Cycling: 5p (SPR)	Body Pump:5:15a (GEN) CX Worx: 5:45a (GEN) Body Pump: 6:30a (GEN) Indoor Cycling: 7a (SPR) Ageless Yoga: 8a (GEN) SilverSneakers Cardio: 9a (GEN) Indoor Cycling: 9:05a (SPR) Tai Chi: 11:10a (GEN) Pilates: 4:45-5:45p (GES) Indoor Cycling: 5:45p (SPR) Zumba: 6p (GEN)	Bike Boot Camp: 6:30a (SPR) Ageless Yoga: 8a (GEN) 321 Blast: 9a (GEN) SilverSneakers Classic: 9a (GES) Silversneakers Circuit: 10a (GES) Ashtanga Yoga: 10a (GEN) Body Pump: 12p (GEN)	Ageless Yoga: 8a (GEN) Indoor Cycling: 9a (SPR) Body Pump:9a (GEN) Zumba: 10a (GEN)
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