

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



Mon	Tue	Wed	Thu	Fri
Water Walking; 9:30-11a(Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy)	Fluid Fusion; 8:30-9:30a (Lap) Silver Splash: 9:30-10:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park)	Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy)	Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash: 9:30-10:30a (Lap)	Water in Motion; 9-9:50a (Lap) Water Walking; 9:30-11a (Water Park)
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