

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Spin 30 - Melissa		Spin 30 - Melissa			
8:00	Stretch, Tone, Balance-Sheila		Stretch, Tone, Balance- Sheila		Stretch, Tone & Balance - Sheila	
	Water Fit		Water Fit		Water Fit	
8:30		ACTIVE Edie/Sheila		ACTIVE Edie/Sheila		
		Aqua Blast –Hannah 30 minutes		Aqua Blast –Hannah 30 minutes		
9:00	Yoga Natalie	Water Walking	Flow Yoga Shannon	Water Walking	PILOXING BARRE Wendy – Starts 11/9	8:50 Yoga
	Water Fit	9:45 Alignment Yoga Carol Ann	Water Fit		Water Fit	
10:00			10:00 Water Volleyball	10am Gentle Yoga Alena	10:00 Water Volleyball	
10:00	ZUMBA Wendy		 Wendy		ZUMBA Wendy	10:00 Rotating
11:00	11:15  (30 min)	10:45 Tai Chi Carol Ann	11:15  (30 min)	11:15 Meditation Alena	11:15  (30 min)	
12:00	 (50 min)	 Stephanie	 (50 min)	 Stephanie	 (60 min)	
	12:15 Spin 30 Melissa		12:15 Spin 30 Melissa			
4:30	ACTIVE or 	Spin 30 Melissa	Yoga – NEW! Natalie	Spin 30 Melissa		
4:45	Spin 30 David	4:45 Kettlebells & Spin Vanessa	Spin 30 David	4:45 Kettlebells & Spin Vanessa		
5:30				Flow Yoga		
		Water Fit - Lucy		Water Fit-Lucy		
6:30	Water Fit	Swim Club		Swim Club		
		Yoga - Natalie				

Saturday Yoga
11/3 Natalie
11/10 Alena
11/17 Natalie
11/24 Tammy

Saturday 10am
11/3
BodyPump Tyler
11/10
BodyAttack
Bonnie
11/17 Spin
Vanessa
11/24 ACTIVE Edie