

AS OF 7/1/2022

  
**FRANCES MEADOWS**  
AQUATIC AND COMMUNITY CENTER

Drop In \$10 In County/\$14 Out of County per class

TIME	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
	POOL	WELLNESS	UGFZ	POOL	WELLNESS		POOL	WELLNESS		POOL	WELLNESS		POOL	WELLNESS
7AM		YOGA w/DOUG						YOGA w/DOUG						
8AM	WAKE UP WITH WAVES	WAKE UP WITH WEIGHTS		STRETCH AND FLEX	BARRE		WAKE UP WITH WAVES	WAKE UP WITH WEIGHTS		STRETCH AND FLEX			WAKE UP WITH WAVES	BARRE
9AM	AQUA ATTITUDE	TOTAL FITNESS		WATER WORKOUT FOR ARTHRITIS	Zumba		AQUA ATTITUDE	TOTAL FITNESS		WATER WORKOUT FOR ARTHRITIS	High Fitness		AQUA ATTITUDE	TOTAL FITNESS
10AM	WATER WORKS	STRENGTH IN MOTION		JUMPING JACK SPLASH	STRENGTH LAB*		WATER WORKS	STRENGTH IN MOTION		JUMPING JACK SPLASH	BODY BLAST		WATER WORKS	STRENGTH IN MOTION
11AM	GENTLE MOVEMENTS	Gentle Yoga		SENIOR AQUACIZE	YOGA		GENTLE MOVEMENTS	Gentle Yoga		DEEP WATER	YOGA		GENTLE MOVEMENTS	Gentle Yoga
12PM	Silver Sneakers® Splash	ZUMBA POUND COMBO @12:15PM			SILVER SNEAKERS®		Silver Sneakers® Splash	ZUMBA POUND COMBO @12:15PM			SILVER SNEAKERS®		Silver Sneakers® Splash	
12:30PM				AQUA KICKBOXING (1:30PM end)						AQUA KICKBOXING (1:30PM end)				
1PM		Intro To Yoga @1:15PM												
2PM								TAI CHI FOR HEALTH						
4:30PM		Yoga with Ana			Yoga with Ana									
5:30PM	AQUA AEROBICS	ZUMBA	Total Body - UNDERGROUND	AQUA KICKBOXING	ZUMBA		AQUA BOOT CAMP	TOTAL BODY		AQUA Zumba	LEVEL UP DANCE	Total Body - UNDERGROUND	AQUA Zumba	
6:30PM	AQUA YOGA PUMP	High Fitness		DEEP WATER AEROBICS	POUND			LEVEL UP DANCE		DEEP WATER AEROBICS	POUND		AQUA FREESTYLE	

Schedule Subject to Change

All classes are at least 50 minutes long. The only exception is Aqua Yoga Pump (30 minutes).

 New class