

Revised  
10/2/2020



DROP-IN FEE \$6 FOR ALL CLASSES

TIME	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		Saturday
	POOL	WELLNESS	UGFZ	POOL	WELLNESS	UGFZ	POOL	WELLNESS	UGFZ	POOL	WELLNESS	UGFZ	POOL	WELLNESS	Wellness Room
7:00 AM		Yoga w/ Doug (October 5th)						Yoga w/ Doug (October 7th)							
8:00 AM	WAKE UP WITH WAVES	WAKE UP WITH WEIGHTS		STRETCH AND FLEX			WAKE UP WITH WAVES	WAKE UP WITH WEIGHTS		STRETCH AND FLEX			WAKE UP WITH WAVES	WAKE UP WITH WEIGHTS	
9:00 AM	AQUA ATTITUDE	TOTAL FITNESS		WATER WORKOUT FOR ARTHRITIS			AQUA ATTITUDE	TOTAL FITNESS		WATER WORKOUT FOR ARTHRITIS			AQUA ATTITUDE	TOTAL FITNESS	
10:00 AM	WATER WORKS	STRENGTH IN MOTION		JUMPING JACK SPLASH	BODY BLAST		WATER WORKS	STRENGTH IN MOTION		JUMPING JACK SPLASH	BODY BLAST		WATER WORKS	STRENGTH IN MOTION	SATURDAY SHAPE UP (10am)
11:00 AM	GENTLE MOVEMENTS			SENIOR AQUACIZE	YOGA		GENTLE MOVEMENTS			SENIOR AQUACIZE	YOGA		GENTLE MOVEMENTS		
12:00PM		GENTLE YOGA		AQUA Kickboxing 12:30PM - 1:15PM				GENTLE YOGA		AQUA Kickboxing 12:30PM - 1:15PM				GENTLE YOGA	
1:00 PM		Zumba/Pound Combo						Zumba/Pound Combo						INTRO TO YOGA	
2:00 PM								TAI CHI FOR HEALTH							
5:00 PM	DEEP WATER AEROBICS 5:30PM- 6:30PM	ZUMBA 5:30PM		AQUA Kickboxing 5:30PM - 6:15PM	TOTAL BODY 5:30PM		AQUA BOOT CAMP 5:30PM- 6:30PM	TOTAL BODY 5:30PM			Zumba 5:30 PM				
6:00PM	DEEP WATER CONDITIONING 6:30PM- 7:15PM				POUND 6:30PM- 7:15PM			ZUMBA 6:30 PM			POUND 6:30PM- 7:15PM				
Please Note that Schedule is Subject To Change															
NEW CLASSES AND CLASS TIMES						FITNESS PERSONAL TRAINING AVAILABLE NOW									