

SUMMER 2019				
SESSION # 1 SUMMER 2019 JUNE 3-FRIDAY-JUNE 30, 2019 (4 WEEKS)				
SESSION #2 SUMMER 2019 JULY 8 MONDAY -FRIDAY AUG 2, 2019 (4 WEEKS)				
BREAK WEEK – JUNE 30-JULY 7, 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA AEROBICS 7:00-7:30 AM	KOOL RIDE (HIIT)AQUA SPIN 7:00-7:30 AM			AQUA BOOTCAMP 7:00-7:45 AM
STRENGTH & POWER CIRCUIT 7:30 - 8:00 AM	CORE STRENGTH CIRCUIT 7:30 - 8:00 AM			
CARDIO WATER WALK & 8:00-8:30 AM				
MOBILITY/BALANCE CIRCUIT 8:30-9:00 AM				
		AQUA AEROBICS 8:00 -8:30 AM		
		CORE STRENGTH CIRCUIT 8:30 - 9:00 AM		
				CARDIO WATER WALK 9:00-9:30AM
				STRENGTH & POWER CIRCUIT 9:30 - 10:00 AM
				KOOL RIDE EASY SPIN - 10:00-10:30 AM
				ARTHRITIS FOUNDATION 11:00-11:45 AM
ARTHRITIS FOUNDATION 12:00-12:45 pm				
KOOL RIDE EASY SPIN 1:00-1:30 PM PM		CARDIO WATER WALK 1:00 - 1:30 PM	POWER UP AQUA AEROBICS 1:00 -1:30 PM	
STRENGTH & POWER CIRCUIT 1:30- 2:00 PM		BOXING,BANDS & CORE CIRCUIT 1:30 - 2:00 PM	CORE STRENGTH CIRCUIT 1:30 - 2:00 PM	
	ARTHRITIS FOUNDATION 2:00-2:45 PM	ARTHRITIS FOUNDATION 2:00-2:45 PM	ARTHRITIS FOUNDATION 2:00-2:45 PM	
KOOL RIDE AQUA SPIN 6:00- 6:30 PM	KOOL RIDE AQUA SPIN 6:00- 6:30 PM		KOOL RIDE AQUA SPIN 6:00- 6:30 PM	
CORE STRENGTH CIRCUIT 6:30-7:00 PM	MOBILITY/ BALANCE CIRCUIT 6:30-7:00 PM		STRENGTH & POWER CIRCUIT 6:30- 7:00 PM	
CARDIO WATER WALK & TONE UP 7:00-7:30 PM	POWER UP AQUA AEROBICS 7:00-7:30 PM		POWER UP AQUA AEROBICS 7:00-7:30 PM	
	BOXING,BANDS & CORE CIRCUIT 7:30- 8:00 PM		CORE STRENGTH CIRCUIT 7:30-8:00 PM	
			ADULT SWIM LESSONS 8:00-8:45 PM	