

## SCHEDULE AT A GLANCE

### AQUATIC CLASSES FALL 1 SESSION 2019

MON	TUES	WED	THUR	FRI	SUN
AQUA AEROBIC 7 AM	AQUA SPIN 7 AM				
					AQUA "KICK IT UP" 8:00 AM
WATER WALK 9 AM		WATER WALK 9AM		WATER WALK 9AM	
AQUA CIRCUIT 10 AM		AQUA AEROBIC 10 AM		EASY SPIN 10 AM	
ARTHRITIS FOUNDATION 11 AM		ASHBRIDGE RESIDENTS 11 AM		ARTHRITIS FOUNDATION 11 AM	
ASHBRIDGE RESIDENTS 12 PM					
AQUA KICKBOX & ACQUAPOLE 1 PM		AQUA KICKBOX & ACQUAPOLE 1 PM	AQUA CIRCUIT 1 PM		
	ARTHRITIS FOUNDATION 2 PM	ARTHRITIS FOUNDATION 2 PM	ARTHRITIS FOUNDATION 2 PM		
EASY SPIN 2 PM					
AQUA SPIN 6 PM	AQUA SPIN 6 PM		AQUA SPIN 6 PM		
WATER WALK 7 PM	AQUA AEROBIC 7 PM		AQUA AEROBIC 7 PM		
	AQUA KICKBOX & ACQUAPOLE 8 PM		ADULT SWIM LESSONS 8 PM		

MON	TUES	WED	THUR	FRI	SAT
	TRX INTRO & TRAINING 9:15 AM				KETTLE BELLS 9:30 AM
			YOGA INSPIRED STRETCH 9:00 AM		BEGINNER KETTLE BELLS 10:30 AM
				BODY SCULPTING 11:15 AM	
	SELF DEFENSE FOR WOMEN 6:00 pm	SALSA/MAMBO DANCE 6:00 PM-7:25 PM	CORE, CARDIO & POWER 6 PM		
TRX SUSPENSION TRAINING 7:15 PM	BEGINNER KETTLE BELLS 7:30 PM	KETTLE BELLS 7:30 PM	BEGINNER KETTLE BELLS 7:00 PM		