

| SCHEDULE AT A GLANCE | | | | | |
|--|-------------------------------------|-----------------------------------|----------------------------------|------------------------------|-----------------------------------|
| AQUATIC CLASSES SPRING 2 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 11AM | | ASHBRIDGE RESIDENTS 11 AM | | ARTHRITIS FOUNDATION 11AM | |
| 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 | | |
| STUDIO 'E' SPRING 2 SESSION 2019 | | | | | |
| MON | TUES | WED | THUR | FRI | SAT |
| | | | | | KETTLE BELLS 9:30 AM |
| | | | | | BEGINNER KETTLE BELLS 10:30 AM |
| YOGA INSPIRED STRETCH 10:00 AM | | YOGA INSPIRED STRETCH 10:00 AM | | | |
| | SELF DEFENSE FOR WOMEN 6:00 pm | | CORE, CARDIO & POWER 6 PM | | |
| BEGINNER TRX SUSPENSION TRAINING 7:15 PM | BEGINNER KETTLE BELLS 7:30 PM | KETTLE BELLS 7:30 PM | BEGINNER KETTLE BELLS 7:00 PM | | |