

Water Classes	Pool	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Early Energizers	Leisure/ Lap	Carrie M/W/F	5:45-6:30am	5:45-6:30am	5:45-6:30am		5:45-6:30am
		Sue - T					
Pilates Wet	Leisure	Bjo - T/F		7:00-8:15am			8:00-9:15am
H2O Transformers	Leisure/Lap	Patti - M/W/Th	8:00-9:00am		8:00-9:00am	8:00-9:00am	
Rusty Hinges	Leisure	June - T		9:30am-10:15am		9:30am-10:15am	
		Barb - Th					
Silver Splash	Leisure	Nicky - M/W	9:00-9:45am		9:00-9:45am		
Stroke Re-Growth	Leisure	Bjo - Th				10:00-11:00am	
Parkinson's Wellness Recovery in Water	Leisure	Bjo - F					9:30am-10:30am
Deep Water Energized	Lap	Mary - M/W	9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am	
		Sue - T/Th					
Master Swim	Lap	Beth - M/T/Th/F	11:30-1:00pm	11:30-1:00pm		11:30-1:00pm	11:30-1:00pm
Aqua Power	Lap	Teri- M/TH	5:30-6:30pm			5:30-6:30pm	

Water/Land Exercise participants must be 15 years of age.

CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

**Channel closed from 7:30-7:45am Tuesday and 8:30-8:45am Friday for Pilates.

9/1/2017