

Morning Classes

	Mon	Tues	Wed	Thurs	Fri	Sat
8:00-8:45 a.m.		<u>Simply Circuit</u> Sean <i>Back weight room</i>		<u>Simply Circuit</u> Sean <i>Back weight room</i>		
8:15-9:00 a.m.						<u>H2O</u> Angie <i>Pool</i>
8:30-9:15 a.m.	<u>Qi Gong</u> Stability Utahna <i>Aerobics Room</i>		<u>Qi Gong</u> Core Strength Melody <i>Aerobics Room</i>		<u>Tai Chi</u> Yang Short Form Sean <i>Aerobics Room</i>	
8:45-9:30 a.m.	<u>AA</u> Robin <i>Pool</i>	<u>AA</u> Lucy <i>Pool</i>	<u>H2O</u> Robin <i>Pool</i>	<u>AA</u> Lucy <i>Pool</i>	<u>AA</u> Angie/Robin <i>Pool</i>	
9:00-9:45 a.m.		<u>Pilates Mat</u> Utahna <i>Aerobics Room</i>		<u>Pilates Mat</u> Utahna <i>Aerobics Room</i>		
9:30-10:15 a.m.	<u>H2O</u> Marie <i>Pool</i>	<u>H2O</u> Lucy <i>Pool</i>	<u>H2O</u> Robin <i>Pool</i>	<u>H2O</u> Lucy <i>Pool</i>	<u>H2O</u> Lucy <i>Pool</i>	
10:30 - 11:15 a.m.	<u>H2O</u> Robin <i>Pool</i>	<u>Aqua Flow 60+</u> Marie <i>Pool</i>	<u>H2O</u> Robin <i>Pool</i>	<u>Aqua Flow 60+</u> Angie <i>Pool</i>	<u>H2O</u> Angie/Robin <i>Pool</i>	
11:30 - 12:15 p.m.		<u>"Bones" Strong & Healthy</u> Lucy <i>Aerobics Room</i>		<u>"Bones" Strong & Healthy</u> Angie <i>Aerobics Room</i>		

Afternoon/Evening Classes

	Mon	Tues	Wed	Thurs	Fri	Sat.
12:15 - 1:00 p.m.					<u>Yoga</u> Lucy <i>Aerobics Room</i>	
1:00 - 1:45 p.m.	<u>AA</u> Robin <i>Pool</i>			<u>AA</u> Marie <i>Pool</i>		
5:30 - 6:15 p.m.			<u>H2O Circuit</u> Kendra <i>Pool</i>			
5:45-6:30 p.m.	<u>H2O</u> Lucy <i>Pool</i>	<u>H2O Circuit</u> Kendra <i>Pool</i>		<u>Cycle</u> Utahna <i>Aerobics Room</i>		
	<u>Healthy Heart Conditioning + Abs</u> Melody <i>Aerobics Room</i>	<u>Cut N'Tone</u> Robin <i>Aerobics Room</i>				
6:30-7:15 p.m.			<u>Tai Chi</u> Yang Short Form Sean <i>Aerobics Room</i>			
6:45-7:30 p.m.	<u>Yoga</u> Lucy <i>Aerobics Room</i>	<u>H2O</u> Robin <i>Pool</i>		<u>Cardio XTraining</u> Sean <i>Aerobics Room</i>		
	<u>Dietary Guidance</u> Angie <i>(2nd & last Mon. of month) Cardiac Rehab Room</i>	<u>Cycle</u> Bonnie <i>Aerobics Room</i>				