

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 a.m.	Simply Circuit Sean <i>Aerobics Room</i>					
8:00-8:45 a.m.		Simply Circuit Sean <i>Back weight room</i>		Simply Circuit Sean <i>Back weight room</i>		
8:30-9:15 a.m.	Qi Gong Stability Utahna <i>Aerobics Room</i>		Qi Gong Core Strength Melody <i>Aerobics Room</i>		Tai Chi Yang Short Form Sean <i>Aerobics Room</i>	H2O Angie <i>Pool</i>
8:30-9:15 a.m.	AA Robin <i>Pool</i>	AA Lucy <i>Pool</i>	H2O Robin <i>Pool</i>	AA Angie <i>Pool</i>	AA Angie/ Robin <i>Pool</i>	
9:30-10:15a.m.						Power Hour Carole <i>Aerobics Room</i>
9:00-9:45 a.m.		Pilates Mat Utahna <i>Aerobics Room</i>		Pilates Mat Utahna <i>Aerobics Room</i>		
9:30-10:15a.m.	H2O Marie <i>Pool</i>	H2O Lucy <i>Pool</i>	H2O Robin <i>Pool</i>	H2O Angie <i>Pool</i>	H2O Lucy <i>Pool</i>	
10:30-11:15a.m.	H2O Robin <i>Pool</i>	Aqua Flow 60+ Marie <i>Pool</i>	H2O Robin <i>Pool</i>	Aqua Flow 60+ Angie <i>Pool</i>	H2O Angie/ Robin <i>Pool</i>	
11:30 a.m. - 12:15 p.m.		"Bones" Strong & Healthy Lucy <i>Aerobics Room</i>		"Bones" Strong & Healthy Angie <i>Aerobics Room</i>		
5:30 -6:15 p.m.			H2O Circuit Kendra <i>Pool</i>			
6:00-6:45 p.m.	H2O Lucy <i>Pool</i> CardioWorx + Abs Melody <i>Aerobics Room</i>	Cut N'Tone Carole <i>Aerobics Room</i> H2O Circuit Kendra <i>Pool</i>		Cycle Utahna <i>Aerobics Room</i> H2O Carole <i>Pool</i>		
7:00-7:45p.m.	Zumba Lucy <i>Aerobics Room</i> Dietary Guidance Angie (2 nd & last Monday) <i>Cardiac Rehab Room</i>	Cycle Melody <i>Aerobics Room</i>		Cardio XTraining Sean <i>Aerobics Room</i>		