

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		eXtreme Workout		eXtreme Workout		
8:00AM	Spin	Zumba	Spin	Zumba	Spin	
8:30AM	Circuit		Circuit		Circuit	
9:00AM						eXtreme Workout
9:30AM	SilverSneakers	Yoga	SilverSneakers	Yoga	Yoga	
10:00AM	Water Aerobics*	Water Aerobics*	Water Aerobics*	Water Aerobics*	Water Aerobics*	
10:30AM	SilverSneakers		SilverSneakers			
11:00AM					Chair Yoga	
12:00PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout		
5:30PM	Zumba — eXtreme Workout	Zumba — eXtreme Workout	eXtreme Workout	Zumba — eXtreme Workout		
6:30PM	eXtreme Workout	Yoga — eXtreme Workout	eXtreme Workout	Yoga — eXtreme Workout		
7:00PM		Water Aerobics**		Water Aerobics**		

\* AM Water Aerobics - Seasonal - May 28 - October 4 (weather permitting)

\*\* PM Water Aerobics - Seasonal - May 28 - August 29 (weather permitting)