



## Water Aerobics

### Morning Classes

Monday-Friday: 10am-11am, 11am-12pm

### Evening Classes

M,Tu,Th: 6pm-7pm

## Fitness Classes with Monica

### Zumba

M, Tu, Th: 5:30pm-6:25pm

### Strong

M, Th: 6:30pm-7:30pm

These  
Classes  
are free to  
members  
and \$5  
per  
person for  
non-  
members

## Line Dancing

Tuesday: 9:30am-10:30am

## Yoga

### Morning Classes

Monday-Friday: 8:30am-9:30am

### Evening Classes

Monday: 7:30pm-8:30pm

Wednesday: 5:30pm-6:30pm