



Water Aerobics

Morning Classes

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

Evening Classes

M,Tu,Th: 6pm-7pm

Line Dancing

Tuesday: 9:30am-10:30am

Fitness Classes with Monica

Zumba

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

Pound

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

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

Yoga

Morning Classes

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

Evening Classes

Monday: 7:30pm-8:30pm

Wednesday: 5:30pm-6:30pm

Saturday: 1:30pm-2:30pm