

# Community Session 1



This weekly calendar is the normal schedule, in the event of any changes we will notify you via fliers or email.



**POOL** = Basic Pool Membership and Basic Health Insurance Memberships

**POOL** = Premium Pool Membership in addition to any lower level Memberships

**Fitness** = Available to Health Insurance and Fitness room Memberships

**Fitness** = Only available to Health Insurance or Add on Memberships

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
Fitness Room 9:00-12:00pm	SS Classic Class 10:00-10:45 am	Fitness Room 9:00-12:00pm	SS Classic Class 10:00-10:45 am	Fitness Room 9:00-12:00pm	Fitness Room 9:00-1:00pm
	Aqua Balance 11:15-12:00 pm		Aqua Balance 11:15-12:00 pm		
<b>Chair Yoga: 10:00am</b>		<b>Tai Chi: 10:00am</b>		Aqua Aerobics 10:15-11:00am	
Aqua Aerobics 10:15-11am	Water Walking 12:00-3:45pm	Aqua Aerobics 10:15-11am	Water Walking 12:00-3:45pm	Aqua Aerobics 11:15-12:00pm	Water Walking 11-1:30pm
Aqua Aerobics 11:15-12:00pm		Aqua Aerobics 11:15-12:00pm		Lap Swim 12:15-1:00pm	
Lap Swim 12:15-1:00pm	Fitness Room 1-6:30pm	Lap Swim 12:15-1:00pm	Fitness Room 1-6:30pm		
Water Walking 1-2pm		Water Walking 1-2pm		Water Walking 1:00-3:00pm	
<b>Chair Yoga: 2:00pm</b>	Water Volleyball 3:45-5:00 pm	<b>Chair Yoga: 2:30pm</b>	Water Volleyball 3:45-5:00 pm		*Aquamation will be offered next session due to not having enough people registered
Hydro Fusion 2:00pm - 2:45pm	Water Walking 5:00-6:30pm	Hydro Fusion 2:00pm - 2:45pm	Water Walking 5:00-6:30pm		