


FEBRUARY 2019

AQUA EXERCISE-POOL

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15 AM		Aqua Zumba LYN 11: Robin	Water in Motion ROBIN K	Tabata Timing ROBIN K 13: Lyn	Aqua Zumba LYN	Water in Motion ROBIN K	Instructor's Choice 2: Robin K 9: Sara 16: Brenda 23: Stacey
11:00 AM		Stretch Your Body ARMON		Stretch Your Body SARA		Stretch Your Body BRENDA	
1:00 PM		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON	Nursery Hours Mon-Thurs: 8am-12:30pm 3:30pm-6:30pm Fri: 8am-12:30pm Sat: 8am-11am Sun: Closed
5:30 PM		Instructor's Choice 4: Stacey 11: Armon 18: Sara 25: Brenda					

** MOST water classes on the schedule are considered "low impact"*

**•Brunch & Munch is Friday, February 22nd at 10:30 am in the lounge.
Please bring something to share with a friend! EVERYONE is invited.**
