

**MARCH 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>
<b>9:15 AM</b>		 LYN	 ROBIN K 26: Stacey	Tabata Timing ROBIN K 27: Armon	 LYN	 ROBIN K 22: Armon 29: Armon	Instructor's Choice 2: Stacey 9: Lyn 16: Brenda 23: Armon 30: Robin K.
<b>11:00 AM</b>		Stretch Your Body ARMON		Stretch Your Body SARA 13: Brenda		Stretch Your Body BRENDA	
<b>1:00 PM</b>		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON	<b>Nursery Hours</b> <b>Mon-Thurs:</b> 8am-12:30pm 3:30pm-6:30pm <b>Fri:</b> 8am-12:30pm <b>Sat:</b> 8am-11am <b>Sun:</b> Closed
<b>5:30 PM</b>		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, March 29th at 10:30 am in the lounge.  
 Please bring something to share with a friend! EVERYONE is invited.**