





APRIL 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		 LYN 8: Stacey	 ROBIN K	Tabata Timing ROBIN K	 LYN 4: Robin K.	 ROBIN K	Instructor's Choice 6: Stacey 13: Greshanda 20: Robin K. 27: Sara
11:00 AM		Stretch Your Body GRESHANDA		Stretch Your Body SARA		Stretch Your Body BRENDA	
1:00 PM		Senior Water BRENDA		Senior Water BRENDA		Senior Water BRENDA	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 1: Sara 8: Stacey 15: Brenda 22: Sara 29: 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.**
