

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 a.m.	<b>Simply Circuit</b> <b>Sean</b> <i>Aerobics Room</i>					
8:00-8:45 a.m.		<b>Simply Circuit</b> <b>Sean</b> <i>Back weight room</i>		<b>Simply Circuit</b> <b>Sean</b> <i>Back weight room</i>		
8:30-9:15 a.m.	<b>Qi Gong</b> Stability <b>Utahna</b> <i>Aerobics Room</i>		<b>Qi Gong</b> Core Strength <b>Melody</b> <i>Aerobics Room</i>		<b>Tai Chi</b> Yang Short Form <b>Sean</b> <i>Aerobics Room</i>	<b>H2O</b> <b>Angie</b> <i>Pool</i>
8:30-9:15 a.m.	<b>AA</b> <b>Robin</b> <i>Pool</i>	<b>AA</b> <b>Lucy</b> <i>Pool</i>	<b>H2O</b> <b>Robin</b> <i>Pool</i>	<b>AA</b> <b>Angie</b> <i>Pool</i>	<b>AA</b> <b>Angie/ Robin</b> <i>Pool</i>	
9:30-10:15a.m.						<b>Power Hour</b> <b>Carole</b> <i>Aerobics Room</i>
9:00-9:45 a.m.		<b>Pilates Mat</b> <b>Utahna</b> <i>Aerobics Room</i>		<b>Pilates Mat</b> <b>Utahna</b> <i>Aerobics Room</i>		
9:30-10:15a.m.	<b>H2O</b> <b>Marie</b> <i>Pool</i>	<b>H2O</b> <b>Lucy</b> <i>Pool</i>	<b>H2O</b> <b>Robin</b> <i>Pool</i>	<b>H2O</b> <b>Angie</b> <i>Pool</i>	<b>H2O</b> <b>Lucy</b> <i>Pool</i>	
10:30-11:15a.m.	<b>H2O</b> <b>Robin</b> <i>Pool</i>	<b>Aqua Flow 60+</b> <b>Marie</b> <i>Pool</i>	<b>H2O</b> <b>Robin</b> <i>Pool</i>	<b>Aqua Flow 60+</b> <b>Angie</b> <i>Pool</i>	<b>H2O</b> <b>Angie/ Robin</b> <i>Pool</i>	
11:30 a.m. - 12:15 p.m.		<b>"Bones"</b> <b>Strong &amp; Healthy</b> <b>Lucy</b> <i>Aerobics Room</i>		<b>"Bones"</b> <b>Strong &amp; Healthy</b> <b>Angie</b> <i>Aerobics Room</i>		
5:30 -6:15 p.m.			<b>H2O Circuit</b> <b>Kendra</b> <i>Pool</i>			
6:00-6:45 p.m.	<b>H2O</b> <b>Lucy</b> <i>Pool</i>  <b>CardioWorx + Abs</b> <b>Melody</b> <i>Aerobics Room</i>	<b>Cut N'Tone</b> <b>Carole</b> <i>Aerobics Room</i>  <b>H2O Circuit</b> <b>Kendra</b> <i>Pool</i>		<b>Cycle</b> <b>Utahna</b> <i>Aerobics Room</i>  <b>H2O</b> <b>Carole</b> <i>Pool</i>		
7:00-7:45p.m.	<b>Zumba</b> <b>Lucy</b> <i>Aerobics Room</i>  <b>Dietary Guidance</b> <b>Angie</b> (2 <sup>nd</sup> & last Monday) <i>Cardiac Rehab Room</i>	<b>Cycle</b> <b>Melody</b> <i>Aerobics Room</i>		<b>Cardio XTraining</b> <b>Sean</b> <i>Aerobics Room</i>		