Group Exercise Class Schedule

Colony South Fitness Center



Begins February 14,2017 All Classes Subject to Change

Mon	Tue	Wed	Thur	Fri
Aqua Boot Camp 8:00-8:55 Linda	Aqua Blast 8:00-8:55 Eva		Aqua Blast 8:00-8:55 Eva	Aqua Volleyball 10:00-12:00
Aqua Zumba 9:00-9:55 Linda	Senior Aquatic Exercise 9:00-9:55 Eva		Senior Aquatic Exercise 9:00-9:55 Eva	
Aqua Volleyball 10:00-11:30	Zumba Sentoa 9:00-9:55 Linda	Yoga 11:05-11:55 Vianka		
Yoga 11:05-11:55 Vianka	Senior Aquatic Exercise	Aquatic Therapy	Senior Aquatic Exercise	
	10:00-10:55 Eva	11:00-5:00pm	10:00-10:55 Eva	
Aquatic Therapy 11:30-3:30pm	Core & Strength			
	Linda			
	Aquatic Therapy 12:30-4:30		Aquatic Therapy 12:30-4:30	
	Aqua Blast			
Swim Lessons 6:00-8:00 Allen Ashlee	5:30-6:30 Linda			
Ameny resince	Aqua Volleyball 7:00-8:00	Swim Lessons 6:00-8:00 Ashlee, Allen	Aqua Volleyball 7:00-8:00	
	Aqua Boot Camp 8:00-8:55 Linda Aqua Zumba 9:00-9:55 Linda Aqua Volleyball 10:00-11:30 Yoga 11:05-11:55 Vianka Aquatic Therapy 11:30-3:30pm	Aqua Boot Camp	Aqua Boot Camp Similar Similar	Aqua Boot Camp Aqua Blast 8:00-8:55 8:00-8:05 Eva Eva Eva Senior Aquatic Exercise 9:00-9:55 Linda Eva Yoga Aqua Volleyball 10:00-10:55 Eva Aquatic Therapy 11:30-3:30pm Core & Strength 10:00-10:55 Linda Aquatic Therapy 12:30-4:30 Aqua Volleyball Aqua Blast 5:30-6:30 Linda Aqua Volleyball Aqua Volleyball Aqua Volleyball 7:00-8:00 Aqua Volleyball Aqua Volleyball 7:00-8:00 Aqua Volleyball Aqua Volle

Always check with your physician prior to beginning an exercise program.

Please inform the Instructor if you are new to class.

All classes in Grey are held in Aerobic Studio.

