

Group Exercise Class Schedule

Begins February 14, 2017 All Classes Subject to Change

Colony South Fitness Center



	Mon	Tue	Wed	Thur	Fri
A M	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		Aquatic Therapy 11:00-5:00pm		
		Senior Aquatic Exercise 10:00-10:55 Eva		Senior Aquatic Exercise 10:00-10:55 Eva	
	Aquatic Therapy 11:30-3:30pm	Core & Strength 10:00-10:55 Linda			
		Aquatic Therapy 12:30-4:30		Aquatic Therapy 12:30-4:30	
		Aqua Blast 5:30-6:30 Linda			
P M	Swim Lessons 6:00-8:00 Allen, Ashlee				
		Aqua Volleyball 7:00-8:00	Swim Lessons 6:00-8:00 Ashlee, Allen	Aqua Volleyball 7:00-8:00	

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.

