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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
<b>Bootcamp with Jay</b> 5:45 – 6:30 am MPR 	<b>Bootcamp with Jay</b> 5:30 – 6:10 am Pool 	<b>Bootcamp with Jay</b> 5:45 – 6:30 am MPR 	<b>Bootcamp with Jay</b> 5:30 – 6:10 am Pool 	<b>Bootcamp with Jay</b> 5:45 – 6:30 am MPR 	<b>Water Walking with Kim</b> 9 – 10 am Pool 
<b>Strength &amp; Conditioning with Cathy</b> 9a-10a MPR 	<b>Chair Yoga with Cathy</b> 9 – 9:45 am MPR 		<b>Chair Yoga with Cathy</b> 9 – 9:45 am MPR 	<b>Strength &amp; Conditioning with Cathy</b> 9 – 10 am MPR 	<b>Pump &amp; Tone with Jen</b> 7:45 – 8:45am MPR 
<b>Silver Sneakers with Miss Dee</b> 10 – 10:45 am Gym 	<b>Silver Sneakers with Miss Dee</b> 10 – 10:45 am Gym 	<b>Silver Sneakers with Miss Dee</b> 10 – 10:45 am Gym 	<b>Silver Sneakers with Miss Dee</b> 10 – 10:45 am Gym 		
<b>Tight &amp; Tone with Ray</b> 9-10 am Pool 		<b>Tight &amp; Tone with Ray</b> 9-10am Pool 		<b>Tight &amp; Tone with Ray</b> 9-10 am Pool 	
<b>Silver Sneakers Water Aerobics with Julie</b> 10 – 11 am Pool 	<b>Silver Sneakers Water Aerobics with Elena</b> 10 – 11 am Pool 	<b>Silver Sneakers Water Aerobics with Julie</b> 10 – 11 am Pool 	<b>Silver Sneakers Water Aerobics with Elena</b> 10 – 11 am Pool 	<b>Silver Sneakers Water Aerobics with Julie</b> 10 – 11 am Pool 	
	<b>Hyrd Worx with Zing</b> 11:00am – 12:00pm Pool 	<b>THINKnFIT with Zing</b> 11:00am – 12:00pm MPR 	<b>Hyrd Worx with Zing</b> 11:00am – 12:00pm Pool 	<b>THINKnFIT with Zing</b> 11:00am – 12:00pm MPR 	
<b>Pump &amp; Tone with Jen</b> 5:15 – 6:15 pm MPR 	<b>Intermediate Tai Chi with Gary &amp; Patti</b> 11 a.m. – Noon MPR 	<b>Pump &amp; Tone with Jen</b> 5:15 – 6:15 pm MPR 	<b>Intermediate Tai Chi with Gary &amp; Patti</b> 11 a.m. – Noon MPR 		
	<b>Advanced Tai Chi with Gary &amp; Patti</b> Noon – 1 pm MPR 		<b>Advanced Tai Chi with Gary &amp; Patti</b> Noon – 1 pm MPR 		
	<b>Dance &amp; Burn with Jaye</b> 6 – 7 pm MPR 		<b>Dance &amp; Burn with Jaye</b> 6 – 7 pm MPR 		
<b>Adult Aqua Fit with Elena</b> 6 – 7pm Pool 	<b>Adult Aqua Fit with Elena</b> 6 – 7pm Pool 	<b>Adult Aqua Fit with Elena</b> 6 – 7pm Pool 			

**Key.**  
 Multi-Purpose Room  
 Pool  
 Gym  
 Studio  
 Racquetball Court



Strength & Conditioning



Aquatics



Mind Body



Low Impact

