











October 2019

Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*Yoga Classes will be held in the downstairs classroom. Please provide your own Yoga mat and towel.</p> 	<p>1</p> <p>8:00am- Water Wellness 9:30am- Yoga – David 11:00am – Yoga – David 12:15pm- Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball 5:00pm- Zumba- Eileen 7:00pm- Indoor Cycling-Keli</p>	<p>2</p> <p>8:00am- Deep H2O/ Aquacize 9:00am-11:00pm – Pickle Ball 9:15am- Water Wellness 4:00pm- Zumba- Eileen 5:30pm – Yoga – Taylor</p>	<p>3</p> <p>8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 9:30am- Yoga – David 11:00am – Yoga – David 12:15pm- Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball 5:00pm- Zumba- Eileen 7:00pm- Indoor Cycling-Keli</p>	<p>4</p> <p>8:00am – Deep H2O/Aquacize 9:00am-11:00am – Pickle Ball 1:15am – Water Wellness</p>	
<p>6</p> <p>2:30-4:30 – Pickle Ball</p> 	<p>7</p> <p>8:00am- Deep H2O/ Aquacize 9:00am-11:00pm – Pickle Ball 9:15am – Water Wellness 1:15pm- Aquacize/Deep H2O 4:00pm – Zumba – Eileen 5:30pm – Yoga – Taylor 7:00pm – Boot Camp – James</p>	<p>8</p> <p>8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 9:30am- Yoga – David 11:00am – Yoga – David 12:15pm- Water Wellness 4:00- 6:45pm – Pickle Ball 5:00pm- Zumba- Eileen 7:00pm- Indoor Cycling-Keli</p>	<p>9</p> <p>8:00am- Deep H2O/ Aquacize 9:00am-11:00pm – Pickle Ball 9:15am- Water Wellness 4:00pm- Zumba- Eileen 5:30pm – Yoga – Taylor 7:00pm – Boot Camp – James</p>	<p>10</p> <p>8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 9:30am- Yoga – David 11:00am – Yoga – David 12:15pm- Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball 5:00pm- Zumba- Eileen 7:00pm- Indoor Cycling-Keli</p>	<p>11</p> <p>8:00am – Deep H2O/Aquacize 9:00am-11:00am – Pickle Ball 1:15am – Water Wellness</p>	
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