


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Lenbrook		9:00 H2O Cardio (A)		9:00 H2O Cardio (A)		
	10:00 Cardio Splash Water Aerobics (I)		10:00 Cardio Splash Water Aerobics (I)		10:00 Aqua Motion (B) (P)	
	10:00 Aerobics Class (B)	10:00 Pilates (A)	10:00 Aerobics Class (B)	10:00 Pilates (A)	10:00 Aerobics Class (B)	
		11:00 Body Balance (B) (P)		11:00 Body Balance (B) (P)	11:00 Progressive Movement (B) (P)	11:00 Aqua Motion (B) (P)
	2:00 Intermediate YOGA (I)	2:00 Tai Chi (B) (P)	2:00 Seated YOGA (B) (P)	2:00 Tai Chi (B) (P)		
<u>Fitness Hours</u> Mon - Fri 7:30 AM - 5:00 PM Saturday 9:00 AM - 3:00 PM Sunday 11:00AM - 3:00 PM ☆ Pool & Spa Close at 4:00 on Mon - Fri ☆ Pool & Spa Close at 2:00 on Sat - Sun			<u>Fitness Staff</u> Fitness Center Manager Daniel Van Brocklin Ext - 2216		<u>Difficulty Level</u> (B) = Beginner (I) = Intermediate (A) = Advanced (P) = Parkinson's Friendly All classes are held in the Fitness Center pool or Aerobic room.	



Fitness Center Classes

