

# HEALTHY LIVING

## FACILITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Classes</b>					
	6:15-7am Cycling	8:30-9am Ab Lab	6:15-7am Cycling	8:30-9am Ab Lab	
8:30-9am Ab Lab	7-8am Strong Beginner Yoga	9-10am Into Action	8:45-9:45am Body Conditioning	9-10am Into Action	8-8:45am Cycling
9-10am Into Action	8:45-9:45am Body Conditioning	9-9:45am Cycling	9-9:45am Tai Chi	9-9:45am Cycling	9-10am Gentle Yoga
10-10:30am Stretch	9-9:45am Tai Chi	10-10:30am Stretch	9:45-10:15am Meditation	10-10:30am Stretch	
10:45-11:30am Silver Sneakers	9:45-10:15am Meditation	10:45-11:30am Silver Sneakers	10:15-11:15am Beginning Tai Chi	10:45-11:30am Silver Sneakers	
12-12:45pm Cycling	11:15-12pm Silver Sneakers	12-12:45pm Cycling	11:15-12pm Silver Sneakers	12-12:45pm Cycling	
	2:30-3:30pm Rhythm for Parkinson's		2:30-3:30pm Rhythm for Parkinson's		
4:45-5:15pm Ab Lab	4:30-6pm Shotokan Karate	4:45-5:15pm Ab Lab	4:30-6pm Shotokan Karate	5:30-6:30pm Yoga for Laughter 3 <sup>rd</sup> Friday Every Month Only	
5:15-6:15pm Body Conditioning	5:15-6pm Pilates	5:30-6:25pm Cycling	5:15-6:15pm Body Conditioning		
5:30-6:25pm Cycling	6:15-7:15pm Yoga	6:30-7:30pm Tai Chi	6:15-7pm Yoga for Healing	6:30-7:30pm Drum Circle 1 <sup>st</sup> Friday of Every Month Only	
6:30-7:30pm Zumba		6:30-7:30pm Zumba			
<b>Swim Center Classes &amp; Hours</b>					
6-8am Lap Swim	6-8am Lap Swim	6-8am Lap Swim	6-8am Lap Swim	6-8am Lap Swim	Saturday 6:30-8am Lap Swim
11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	11:30am-1:30pm Lap Swim	Saturday/Sunday 11:30am-1:30pm Lap Swim
11:40am-12:30pm Aqua Aerobics		11:40am-12:30pm Aqua Aerobics		11:40am-12:30pm Aqua Aerobics	Saturday 11:40am-12:30pm Aqua Aerobics
5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	
5:40-6:30pm Aqua Aerobics		5:40-6:30pm Aqua Aerobics		5:40-6:30pm Aqua Aerobics	
<b>Youth Classes</b>					
3-4pm Tumbling	3-4pm Outdoor Games	3-4pm Tumbling	3-4pm Outdoor Games	3-4pm Glee Club	

**Location Key:**

Main Gym =



Cycling =

