


















December 2018

Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>** Please bring water bottle and towel for the Indoor Cycling classes</p> <p>** Please arrive early enough to set up your own bike for class</p>	<p>**Yoga Classes will be held in the downstairs classroom. Please provide your own Yoga mat and towel.</p> 				
2 2:30-4:30 – Pickle Ball 	3 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 9:30am- Yoga 1:15pm- Aquacize/Deep H2O	4 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15pm- Water Wellness 1:15pm – Deep H2O/ Cardio Fitness 4:00- 6:45pm – Pickle Ball	5 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 11:00am- Yoga	6 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15am – Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball	7 8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball	8 
9 2:30-4:30 – Pickle Ball 	10 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 9:30am- Yoga 1:15pm- Aquacize/Deep H2O	11 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15pm- Water Wellness 1:15pm – Deep H2O/ Cardio Fitness 4:00- 6:45pm – Pickle Ball	12 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 11:00am- Yoga	13 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15am – Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball	14 8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball	15 
16 2:30-4:30 – Pickle Ball 	17 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 9:30am- Yoga 1:15pm- Aquacize/Deep H2O	18 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15pm- Water Wellness 1:15pm – Deep H2O/ Cardio Fitness 4:00- 6:45pm – Pickle Ball	19 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 11:00am- Yoga	20 8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 12:15am – Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball	21 8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball	22 
23 2:30-4:30 – Pickle Ball 	24 FACILITY CLOSED 	25 FACILITY CLOSED 	26 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 11:00am- Yoga	27 8:00am- Water Wellness 12:15am – Water Wellness 1:15pm – Deep H2O/ Aquacize 4:00- 6:45pm – Pickle Ball	28 8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball	29 
30 	31 8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 9:30am- Yoga 1:15pm- Aquacize/Deep H2O					