












# January 2019

## 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><b>Facility CLOSED</b></p> 	<p>8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm - Pickle Ball 11:00am- Yoga-Ashley</p>	<p>8:00am- Water Wellness 12:15am - Water Wellness 1:15pm - Deep H2O/ Aquacize 4:00- 6:45pm - Pickle Ball</p>	<p>8:00am - Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am - Pickle Ball</p>	
<p>2:30-4:30 - Pickle Ball</p> 	<p>8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm - Pickle Ball 9:30am- Yoga - Ashley 1:15pm- Aquacize/Deep H2O</p>	<p>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</p>	<p>8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm - Pickle Ball 11:00am- Yoga- Ashley</p>	<p>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</p>	<p>8:00am - Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am - Pickle Ball</p>	
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