











May 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>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>11:00am- Yoga- Ashley</p> <p>11:15am- Water Wellness</p> <p>5:30pm - Yoga - Taylor</p> <p>7:30pm- Zumba- Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba-Eileen</p> <p>7:00pm - Indoor Cycling - Keli</p>	<p>8:00am - Deep H2O/Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00am - Pickle Ball</p> <p>11:15am - Water Wellness</p>	<p>9:30am -Zumba - Eileen</p> 
<p>2:30-4:30 - Pickle Ball</p> 	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>9:30am- Yoga - Ashley</p> <p>11:15am - Water Wellness</p> <p>1:15pm- Aquacize/Deep H2O</p> <p>5:30pm - Yoga - Taylor</p> <p>7:00pm - Zumba - Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba- Eileen</p>	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>11:00am- Yoga- Ashley</p> <p>11:15am- Water Wellness</p> <p>5:30pm - Yoga - Taylor</p> <p>7:30pm- Zumba- Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba-Eileen</p>	<p>8:00am - Deep H2O/Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00am - Pickle Ball</p> <p>11:15am - Water Wellness</p>	
<p>2:30-4:30 - Pickle Ball</p> 	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>9:30am- Yoga - Ashley</p> <p>11:15am - Water Wellness</p> <p>1:15pm- Aquacize/Deep H2O</p> <p>5:30pm - Yoga - Taylor</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba- Eileen</p>	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>11:00am- Yoga- Ashley</p> <p>11:15am- Water Wellness</p> <p>5:30pm - Yoga - Taylor</p> <p>7:30pm- Zumba- Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba-Eileen</p>	<p>8:00am - Deep H2O/Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00am - Pickle Ball</p> <p>11:15am - Water Wellness</p>	<p>9:30am -Zumba - Eileen</p> 
<p>2:30-4:30 - Pickle Ball</p> 	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>9:30am- Yoga - Ashley</p> <p>11:15am - Water Wellness</p> <p>1:15pm- Aquacize/Deep H2O</p> <p>5:30pm - Yoga - Taylor</p> <p>7:00pm - Zumba - Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba- Eileen</p>	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>11:00am- Yoga- Ashley</p> <p>11:15am- Water Wellness</p> <p>5:30pm - Yoga - Taylor</p> <p>7:30pm- Zumba- Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba-Eileen</p>	<p>8:00am - Deep H2O/Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00am - Pickle Ball</p> <p>11:15am - Water Wellness</p>	
<p>2:30-4:30 - Pickle Ball</p> 	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>9:30am- Yoga - Ashley</p> <p>11:15am - Water Wellness</p> <p>1:15pm- Aquacize/Deep H2O</p> <p>5:30pm - Yoga - Taylor</p> <p>7:00pm - Zumba - Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba- Eileen</p>	<p>8:00am- Deep H2O/ Aquacize</p> <p>9:15am- Water Wellness</p> <p>9:00am-11:00pm - Pickle Ball</p> <p>11:00am- Yoga- Ashley</p> <p>11:15am- Water Wellness</p> <p>5:30pm - Yoga - Taylor</p> <p>7:30pm- Zumba- Eileen</p>	<p>8:00am- Water Wellness</p> <p>8:30am - Zumba</p> <p>9:30am - HFFS</p> <p>10:15am - Water Wellness</p> <p>12:15pm- Water Wellness</p> <p>1:15pm - Deep H2O/ Aquacize</p> <p>4:00- 6:45pm - Pickle Ball</p> <p>6:00pm- Zumba-Eileen</p>	<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> 