

Please register for these classes (except where indicated)

Monday

Conditioning for Life	7:30-8:15am	Dan	Studio E	Free/\$80
Core Essentials	9:00-9:30am	Sarah	Studio C	Members only, free
Aqua Aerobics 1	9:15-10:30am	Wendy L.	Pool	Members only, free
Exercise for New Moms	9:30-10:30am	Sarah	Studio C	Members only, free
All Around Fitness	9:45-10:45am	Mimi	Studio B	Free/\$25
Arthritis Water Exercise 1	10:30-11:30am	Janice	Pool	Free/\$25
Exercise Lite	11:00am-Noon	Mimi	Studio C	Free/\$25
Cardio Karate 1	5:30-6:30pm	Morris	Studio B	Members only, free

Tuesday

Step Survival 1	6:30-7:30am	Vanessa/Ko	Studio B	Free/\$80
AOA Water Exercise 1	9:00-10:00am	Irene	Pool	Free/\$25
Aqua Fit	9:00-10:00am	Kira	Pool	Free/\$25
Conditioning for Older Adults*	11:00am-Noon	Larry	Wellness Floor	Members only, free*
Power Lunch 1	12:15-1:00pm	Gail	Studio B	Free/\$80
Tai Chi 1	5:15-6:00pm	Daryl	Studio C	Free/\$62
Body Core 1	5:30-6:30pm	Lena	Studio B	Free/\$80
Tai Chi 2	6:00-6:50pm	Daryl	Studio C	Free/\$66

Wednesday

Conditioning for Life	7:30-8:15am	Dan	Studio E	Free/\$80
Aqua Aerobics 2	9:15-10:30am	Wendy L.	Pool	Members only, free
All Around Fitness	9:45-10:45am	Mimi	Studio B	Free/\$25
Exercise Lite	11:00am-Noon	Mimi	Studio C	Free/\$25
Flex & Firm	11:00am-Noon	Megan	Studio D	Free/\$80
Complete Conditioning	12:15-1:00pm	Amy	Studio D	Free/\$80
Cardio Pilates	12:15-1:15pm	Wendy H.	Studio B	Free/\$80
Cardio Karate 2	6:30-7:30pm	Morris	Studio B	Members only, free

Thursday

AOA Water Exercise 2	9:00-10:00am	Irene	Pool	Free/\$25
Aqua Fit	9:00-10:00am	Kira	Pool	Free/\$25
Conditioning for Older Adults*	11:00am-Noon	Larry	Wellness Floor	Members only, free*
Stretch & Tone	12:15-1:15pm	Wendy H.	Studio B	Free/\$80

Friday

Step Survival 2	6:30-7:30am	Vanessa/Ko	Studio B	Free/\$80
Conditioning for Life	7:30-8:15am	Dan	Studio E	Free/\$80
AOA Water Exercise 3	9:00-10:00am	Irene	Pool	Free/\$25
Aqua Aerobics 3	9:15-10:30am	Wendy L.	Pool	Members only, free
All Around Fitness	10:30-11:30am	Sara	Studio B	Free/\$25
Arthritis Water Exercise 2	10:30-11:30am	Janice	Pool	Free/\$25
Exercise Lite	11:00-Noon	Mimi	Studio D	Free/\$25
Power Lunch 2	12:15-1:00pm	Gail	Studio B	Free/\$80
Cardio Karate 3	5:30-6:30pm	Morris	Studio B	Members only, free

Saturday

Body Core 2	10:30-11:30am	Lena	Studio D	Free/\$80
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* No registration is required for this class

updated 4/5/2012