

# FITNESS CLASSES

## LAND & AQUA

BACK IN ACTION



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-8:00 AM	Fit to the Core		Fit to the Core		Fit to the Core
8:30-9:15 AM	Total Fit		Total Fit		Total Fit
12:00-1:00 PM	Aqua Circuit	Aqua Circuit	Aqua Circuit	Aqua Circuit	Aqua Circuit
1:15-1:45 PM		Balance & Breathe		Balance & Breathe	
1:15-2:00 PM	Sit to Fit		Sit to Fit		Sit to Fit
5:30-6:30 PM	Fit to the Core			Fit to the Core	
6:10-7:10 PM		Aqua Fit			