



# Group Fitness Classes (FREE to All-Inclusive, Wellness & Lap Swim Members)

**December 2013** (Recreation Center closed on December 24 & 25)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aquacise</b> 7:30 - 8:30 am Mary Ann / Pool		<b>AquaZumba</b> 7:30 - 8:30 am Lindy / Pool	<b>Aquamates</b> 8:30 - 9:30 am Mary Ann / Pool	<b>Hydro-Fit Max</b> 8:30 - 9:30 am Bonnie / Pool	<b>Complete Cardio</b> 8:30 - 9:30 am Jeannine / Pine
	<b>Aquamates</b> 8:30 - 9:30 am Mary Ann / Pool	<b>Hydro-Fit Max</b> 8:30 - 9:30 am Polly / Pool	<b>Hydro-Fit Max</b> 8:30 - 9:30 am Bonnie / Pool	<b>Cardio Rhythms &amp; Barre</b> 9:15 - 10:15 am Susan / Pine	<b>Hydro-Fit Workout</b> 9:30 - 10:30 am Bonnie / Pool	
	<b>AquaRhythms</b> 9:30 - 10:30 am Susan / Pool	<b>Preserve the Curve</b> 9:30 - 10:30 am Christine / Maple	<b>Just Weight</b> 9:15 - 10:15 am Joyce / Pine	<b>X-Treme Fitness</b> 9:15 - 10:15 am Michelle / Maple	<b>Zumba</b> 9:30 - 10:30 am Roxanne / Maple	
	<b>Cardio Fusion New!</b> 9:30 - 10:30 am Elizabeth / Maple	<b>Pilates Mat &amp; Barre</b> 9:30 - 10:30 am Susan / Pine	<b>Hydro-Fit Workout</b> 9:30 - 10:30 am Bonnie / Pool	<b>Pilates Mat &amp; Barre</b> 10:30 - 11:30 am Susan / Pine	<b>Sculpt, Core &amp; Stretch</b> 9:30 - 10:30 am Carol / Pine	<b>Zumba®</b> 10:00 - 11:00 am Lindy / Pine
	<b>Total Body Conditioning</b> 9:30 - 10:30 am Robin / Pine	<b>Aqua Aerobics</b> 10:30 - 11:30 am Sally / Pool	<b>Cardio Blast</b> 9:30 - 10:30 am Michelle / Maple	<b>Water Cardio Chi</b> 10:30 - 11:30 am Mary Ann / Pool		
	<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Mary Ann / Pool		<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Bonnie / Pool		<b>Arthritis H2O Exercise</b> 12:00 - 1:00 pm Bonnie / Pool	
	<b>Strength &amp; Endurance Bootcamp</b> 6:30 - 7:30 pm Alicia / Pine	<b>Deep H2O Run</b> 6:30 - 7:30 pm Susan / Pool	<b>Deep H2O Run</b> 6:30 - 7:30 pm Susan / Pool			