

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aquacise		AquaZumba	Aquamates	Hydro-Fit Max	Complete Cardi
	7:30 - 8:30 am Mary Ann / Pool		7:30 - 8:30 am Lindy / Pool	8:30 - 9:30 am Mary Ann / Pool	8:30 - 9:30 am Bonnie / Pool	8:30 - 9:30 am Jeannine / Pine
	Aquamates	Hydro-Fit Max	Hydro-Fit Max	Cardio Rhythms & Barre	Hydro-Fit Workout	
	8:30 - 9:30 am Mary Ann / Pool	8:30 - 9:30 am Polly / Pool	8:30 - 9:30 am Bonnie / Pool	9:15 - 10:15 am Susan / Pine	9:30 - 10:30 am Bonnie / Pool	
	AquaRhythms	Preserve the Curve	Just Weight	X-treme Fitness	Zumba	
	9:30 - 10:30 am	9:30 - 10:30 am	9:15 - 10:15 am	9:30 - 10:30 am	9:30 - 10:30 am	
	Susan / Pool	Christine / Maple	Joyce / Pine	Michelle / Maple	Roxanne / Maple	
	Cardio Fusion	Pilates Mat & Barre	Hydro-Fit Workout	Pilates Mat & Barre	Sculpt, Core & Stretch	Zumba <sup>®</sup>
	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	10:30 - 11:30 am	9:30 - 10:30 am	10:00 - 11:00 ar
	Elizabeth / Maple	Susan / Pine	Bonnie / Pool	Susan / Pine	Carol / Pine	Lindy / Pine
	Total Body Conditioning	Aqua Aerobics	Cardio Blast	Water Cardio Chi		
	9:30 - 10:30 am	10:30 - 11:30 am	9:30 - 10:30 am	10:30 - 11:30 am		
	Robin / Pine	Sally / Pool	Michelle / Maple	Mary Ann / Pool		
		Baton Twirling (ages 7-12)	Arthritis H2O Exercise	Zumbatomic ® (ages 8-12)	Arthritis H2O Exercise	
		4:45-5:45 pm Susan / Charter Oak 2	12:00 - 1:00 pm Bonnie / Pool	4:30-5:15 pm Roxanne / Maple	12:00 - 1:00 pm Bonnie / Pool	
		*free to All-Inclusive Family Members	2007.1 00.	*free to All-Inclusive Family Members	20,,,,,,,,,,	
	Arthritis H2O Exercise	Deep H2O Run	Deep H2O Run			
	12:00 - 1:00 pm	6:30 - 7:30 pm Susan / Pool	6:30 - 7:30 pm Susan / Pool			
	Mary Ann / Pool	Susan / Pool				
	Strength & Endurance Boot Camp		willPower & grace®			
	6:30 - 7:30 pm Alicia / Pine		6:45 - 7:45 pm Eileen / Charter Oak 1			