

## Fitness Schedule –September – December 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30				Gentle Yoga and Morning Meditation (8:30-10:00am)			
9:00						Active Aging (9:00-10:00am)	
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30		Aquafit (12:30-1:30pm)		Aquafit (12:30-1:30pm)		AquaZumba (12:30-1:30pm)	
1:00							
1:30							
2:00							Jazz/Ballet Dance (2:00-3:45pm)
2:30							
3:00							
3:30							
4:00	Bharatanatyam Dance (4:00-7:00pm)						
4:30							
5:00		Core Blast (5:00-5:45pm)		HIIT (5:00-5:45pm)		Power Hour (5:00-5:45pm)	Bharatanatyam Dance (5:00-7:00pm)
5:30							
6:00		Yin Yoga (7:00-8:00pm)		Bharatanatyam Dance (6:00-8:00pm)	Bharatanatyam Dance (6:00-7:00pm)		
6:30							
7:00		Meditation (8:00-8:30pm)				Bharatanatyam Dance (6:00-8:00pm)	
7:30							
8:00							
	Fitness Classes in Studio	Aquatic classes in pool	Rec Programming in Studio				

Fitness Classes in Studio
  Aquatic classes in pool
  Rec Programming in Studio