

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|------------------------------|------------------------------|
| 6:00 AM | | Master's Swim * 60 minutes | | Master's Swim * 60 minutes | | |
| 8:45 AM | | | | | | |
| 9:00 AM | Aqua Stretch & Stride 45 minutes | | Aqua Stride & Strength 45 minutes | Aqua Stride & Strength 45 minutes | | Water Aerobics 45 minutes |
| 9:15 AM | | Aqua Power 40 minutes | | Water Aerobics 45 minutes | | |
| 10:00 AM | Water Walking 45 minutes | Aqua Abs, Arms & Toning 30 minutes | | | Water Aerobics 45 minutes | |
| 5:30 PM | | Aqua Muscle 45 minutes | | | | |

See page 2 for class Descriptions.

*Master's Swim is a paid recurring service program that is billed on the 15th of each month. Members will receive 15% off the monthly rate and may attend unlimited classes each month. Drop in rate is \$10 plus tax per day.

