



POOL CLOSED FOR ANNUAL MAINTENANCE November 17th - November 26th

*The pool will close on November 17th at noon,
reopening on November 26th for normal business hours.
Try these FUN, FREE, low impact classes!*

Monday	8:00 AM	Nia (Studio A)
Monday	11:05 AM	Gentle Yoga (Studio A)
Monday	11:15 AM	Fit at Any Age (Sport Court)
Monday	6:05 PM	Flow & Restore Yoga (Studio A)
Tuesday	8:00 AM	Stretch & Strength (Studio B)
Tuesday	6:05 PM	Flow + Restore Yoga (Studio A)
Wednesday	8:15 AM	Nia (Studio B)
Wednesday	10:05 AM	Stretch It (Studio A)
Wednesday	10:35 AM	Mat Pilates (Studio A)
Wednesday	10:35 AM	Fit at Any Age (Sport Court)
Wednesday	11:35 AM	Chair Yoga (Studio A)
Thursday	8:00 AM	Length + Lean Barre (Studio B)
Thursday	8:30 AM	Stretch It (Studio A)
Thursday	11:05 AM	Tai Chi (Sport Court)
Friday	8:00 AM	Zumba Tone (Sport court)
Friday	8:30 AM	Stretch It (Studio A)
Friday	10:35 AM	Fit at Any Age (Sport Court)
Friday	11:05 AM	Mat Pilates (Studio A)
Friday	5:30 PM	Flow + Restore Yoga (Studio A)
Saturday	9:05 AM	Gentle Yoga (Studio A)
Saturday	2:00 PM	Restorative Yoga (Studio A)