

# CLASS SCHEDULES

## ABS CLASS

Monday & Wednesday  
5:00pm – 5:30pm

## YOGA

Tuesday & Thursday  
8:00am – 9:00am

## WATER AEROBICS

### **Monday – Wednesday – Friday**

8:00 – 8:45 am

10:00 – 10:45 am

1:00 – 1:45 pm

### **Tuesday and Thursday**

12:00 – 12:45 pm

6:00 – 6:45 pm

## ZUMBA

### **Monday & Wednesday**

8:00am – 9:00am

### **Tuesday & Thursday**

5:00pm – 6:00pm

6:15pm – 7:15pm

## ZUMBA TONING

### **Monday**

6:15pm – 7:15pm

*Zumba classes are \$5.00 per person per class.*

