

# SCHEDULE | GROUP EXERCISE CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
10 AM-10:45 AM		Stretch & Tone					
11 AM-11:45 AM			Aqua Aerobics				
7 PM - 7:45PM			Aqua Aerobics				

Limited spaces so booking is required  
 Contact the front desk for more info