


FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Sign up to become a certified lifeguard! Classes begin March 16th. Spots are limited! Call or stop into the Wellness Center for more information.</p>					1 Friday Funday 5:45-6:15am Aquafit 8:15-9:15am	2 Water Aerobics 9:00-10:00am Under 18 Swim 12:00-4:00pm
3 Under 18 Swim 1:00-4:30pm	4 Sunrise Shred 5:45-6:15am Yoga 6:30-7:15am AM Mix 9:30-10:00am	5 Fit in 30 5:45-6:15am Aquafit 8:15-9:15am Water Aerobics 9:30-10:00am PiYo 5:30-6:15pm	6 Sunrise Shred 5:45-6:15am Line Dancing 8:15-9:15am Chair Yoga 9:30-10:00am Tai Chi 10:00-10:30am Yoga 12:00-1:00pm	7 Fit in 30 5:45-6:15am Water Aerobics 8:15-9:15am & 9:30-10:00am PiYo 5:30-6:15pm Aqua Strength 5:30-6:30pm	8 Friday Funday 5:45-6:15am Aquafit 8:15-9:15am	9 Under 18 Swim 12:00-4:00pm
10 Under 18 Swim 1:00-4:30pm	11 Sunrise Shred 5:45-6:15am Yoga 6:30-7:15am AM Mix 9:30-10:00am	12 Fit in 30 5:45-6:15am Aquafit 8:15-9:15am Water Aerobics 9:30-10:00am PiYo 5:30-6:15pm	13 Sunrise Shred 5:45-6:15am Chair Yoga 9:30-10:00am Tai Chi 10:00-10:30am Yoga 12:00-1:00pm Under 18 Swim 1:00-8:30pm	14 Fit in 30 5:45-6:15am Water Aerobics 8:15-9:15am & 9:30-10:00am PiYo 5:30-6:15pm Pool Closed 12:30-3:00pm	15 Friday Funday 5:45-6:15am Aquafit 8:15-9:15am Under 18 Swim 1:00-8:30pm	16 Water Aerobics 9:00-10:00am Under 18 Swim 12:00-4:00pm
17 Under 18 Swim 1:00-4:30pm	18 Sunrise Shred 5:45-6:15am Yoga 6:30-7:15am AM Mix 9:30-10:00am Under 18 Swim 1:00-8:30 pm	19 Fit in 30 5:45-6:15am Aquafit 8:15-9:15am Water Aerobics 9:30-10:00am PiYo 5:30-6:15pm	20 Sunrise Shred 5:45-6:15am Line Dancing 8:15-9:15am Chair Yoga 9:30-10:00am Tai Chi 10:00-10:30am Yoga 12:00-1:00pm	21 Fit in 30 5:45-6:15am Water Aerobics 8:15-9:15am & 9:30-10:00am PiYo 5:30-6:15pm Aqua Strength 5:30-6:00pm	22 Friday Funday 5:45-6:15am Aquafit 8:15-9:15am	23 Water Aerobics 9:00-10:00am Under 18 Swim 12:00-4:00pm
24 Under 18 Swim 1:00-4:30pm	25 Sunrise Shred 5:45-6:15am Yoga 6:30-7:15am AM Mix 9:30-10:00am	26 Fit in 30 5:45-6:15am Aquafit 8:15-9:15am Water Aerobics 9:30-10:00am PiYo 5:30-6:15pm	27 Sunrise Shred 5:45-6:15am Line Dancing 8:15-9:15am Chair Yoga 9:30-10:00am Tai Chi 10:00-10:30am Yoga 12:00-1:00pm	28 Fit in 30 5:45-6:15am Water Aerobics 8:15-9:15am & 9:30-10:00am PiYo 5:30-6:15pm Aqua Strength 5:30-6:00pm	<p>We now have curtains on a racquetball court to provide more privacy. This is great if you're interested in small group personal training sessions!</p>	