

# Group Exercise Class Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
8:00-8:45am		<b>Zumba</b> Kate		ZUMBA Cheryl
9:00-10:00am	<b>Aquatic Exercise Therapy</b> Cheryl	<b>Liquid Cardio</b> Cheryl	<b>Aquatic Exercise Therapy</b> Kris	<b>Liquid Cardio</b> Kate
4:30 - 5:30pm			<b>Boot Camp</b> Cheryl	
5:30-6:30pm	<b>Zumba</b> Cheryl			<b>POUND</b> Jayden/Cheryl
6:30-7:15pm		Deep Water Liquid Cardio ~ Sue		

# May ~ 2017

- ❖ Only the classes on this schedule are eligible for the punch card.
- ❖ PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR A CLASS.
- ❖ Punch cards cost \$20.00 for 10 classes. Individual classes will cost \$2.50.
- ❖ Non-members must pay \$5.00 a class or purchase a punch card @ \$35.00 for 10 classes.
- ❖ Punch card patrons may come to an unlimited amount of classes a week.  
Once all your punches are used, you may buy more punches.
- ❖ Patrons may check in for a class no sooner than a half hour before it begins.
- ❖ Minimum number of 3 people in each class to have the class.
- ❖ Land exercise classes will be held either in the Fraley or Mishler rooms.  
Check with the front desk for class location.
- ❖ Classes may be held outside depending on the instructor/weather.
- ❖ Schedules will rotate every month. Classes will be added or changed due to requests (if possible) and/or more instructors are hired.
- ❖ If you would like to teach a class, either fill out an application or talk with the facility director.

## ANNOUNCEMENTS:

No Deep H2O 2nd & 9th

Check out our NEW  
Pound class!!