

Kia Ora -- CLASS SCHEDULE

2008 N Pittsburgh Street -- 735-3221

EFFECTIVE July 19, 2010

	MON	TUES	WED	THUR	FRI	SAT	SUN	
GYMNASIUM	5:30 AM	Angie		Brandi				
	8:00 AM					Rotation		
	9:00 AM					Rotation		
	9:30 AM	Rachael	Linda	Lisa	Lisa	Lisa		
	10:30 AM		Healthways Silver Sneakers	SH'BAM	Healthways Silver Sneakers	Rachael		
	12:00 PM		Kathy	* Linda	Karl	Heidi		
	1:30 PM						Rotation	
	5:00 PM	SH'BAM	Tricia	Heidi/Kevin	Linda	Linda		
	6:00 PM	Linda	Karl	Rachael	Angie			
	7:00 PM	Karl & Lisa	Lisa	Angie	Tricia/Christie			
	Family Gym	8:15-10:00 PM	8:15-10:00 PM	8:15-10:00 PM	8:15-10:00 PM	7:15-9:00 PM	11:15 AM - 6:00 PM	10:00 AM - 1:00 PM
YOGA STUDIO	10:30-11:30 AM		Gentle Yoga Lisa	Abs etc. Tim				
	5:30 - 6 PM		Just Abs Derek					
	6:30 - 7 PM		Essentials					
CYCLE STUDIO	5:30 AM		Brandi		Tammy			
	9:00 AM					** Rotation		
	12:00 PM	Derek						
	12:30 PM						Rotation	
	5:00 PM	Karl		Melitta				
	6:00 PM		Melitta		Brandon			
	7:00 PM							
POOL	9:00 AM	Aquasize Lisa	Arthritis Plus Lisa	Aquasize Kathy		Arthritis Plus Derek		
	6:00 PM	Aquasize Cardio Blast Kathy		Aquasize Cardio Blast				
	Swim Lessons		6-7:30 PM		6-7:30 PM			
	Family Swim	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	5:30-8:30 PM	4:00-8:30 PM	2:30-5:30 PM 12:30-3:30 PM	

* Short format class. ** Extended format.

All classes FREE to full use members.

Pay as you go classes for non-members just \$7 per class or \$14 for two or more classes in the same day.