

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 1pm - Open Swim	1 5:10am - Cycle Mixer 8am - Shallow Aqua 8:10am - Chair Yoga 9am - Shallow Aqua 5:35pm - Zumba	2 5:10am - Y Weights 8am - Shallow Aqua 9am - Shallow Aqua 12pm - Y Fit 6pm - Zumba	3 5:10am - Y Ride 8am - Shallow Aqua 8:15am - Chair Yoga 9am - Shallow Aqua	4 5:10am - Y Weights 8am - AOA Tone 8am - Shallow Aqua 9am - Deep Water Aqua 10am - Tai Chi 6pm - Zumba Step	5 9am - Deep Aqua	6 8:30am - Shallow Aqua 9:45am - Zumba
7 1pm - Open Swim	8 5:10am - Cycle Mixer 8am - Shallow Aqua 8:10am - Chair Yoga 9am - Shallow Aqua 5:35pm - Zumba	9 5:10am - Y Weights 8am - Shallow Aqua 9am - Shallow Aqua 12pm - Y Fit 6pm - Zumba	10 5:10am - Y Ride 8am - Shallow Aqua 8:15am - Chair Yoga 9am - Shallow Aqua	11 5:10am - Y Weights 8am - AOA Tone 8am - Shallow Aqua 9am - Deep Water Aqua 10am - Tai Chi 6pm - Zumba Step	12 9am - Deep Aqua	13 8:30am - Shallow Aqua 9:45am - Zumba
14 1pm - Open Swim	15 5:10am - Cycle Mixer 8am - Shallow Aqua 8:10am - Chair Yoga 9am - Shallow Aqua 5:35pm - Zumba	16 5:10am - Y Weights 8am - Shallow Aqua 9am - Shallow Aqua 12pm - Y Fit 6pm - Zumba	17 5:10am - Y Ride 8am - Shallow Aqua 8:15am - Chair Yoga 9am - Shallow Aqua	18 5:10am - Y Weights 8am - AOA Tone 8am - Shallow Aqua 9am - Deep Water Aqua 10am - Tai Chi 6pm - Zumba Step	19 9am - Deep Aqua	20 8:30am - Shallow Aqua 9:45am - Zumba
21 1pm - Open Swim	22 5:10am - Cycle Mixer 8am - Shallow Aqua 8:10am - Chair Yoga 9am - Shallow Aqua 5:35pm - Zumba	23 5:10am - Y Weights 8am - Shallow Aqua 9am - Shallow Aqua 12pm - Y Fit 6pm - Zumba	24 5:10am - Y Ride 8am - Shallow Aqua 8:15am - Chair Yoga 9am - Shallow Aqua	25 5:10am - Y Weights 8am - AOA Tone 8am - Shallow Aqua 9am - Deep Water Aqua 10am - Tai Chi 6pm - Zumba Step	26 9am - Deep Aqua	27 8:30am - Shallow Aqua 9:45am - Zumba
28 1pm - Open Swim	29 5:10am - Cycle Mixer 8am - Shallow Aqua 8:10am - Chair Yoga 9am - Shallow Aqua 5:35pm - Zumba	30 5:10am - Y Weights 8am - Shallow Aqua 9am - Shallow Aqua 12pm - Y Fit 6pm - Zumba	31 5:10am - Y Ride 8am - Shallow Aqua 8:15am - Chair Yoga 9am - Shallow Aqua	1 5:10am - Y Weights 8am - AOA Tone 8am - Shallow Aqua 9am - Deep Water Aqua 10am - Tai Chi 6pm - Zumba Step	2 9am - Deep Aqua	3 8:30am - Shallow Aqua 9:45am - Zumba