Classes 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 10:00 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	STRETCH & FLOW PILATES	AQUA AEROBICS
10:15 11:15 AM	LOW IMPACT AEROBICS	BODY CONDITIONING	PILATES	CARDIO DANCE FITNESS	SCULPT & STRENGTH CLASS

TURTLE TOTS
9am - 1pm