

Land & Water Aerobic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Sculpting	Spinning		Spinning		
8:00am					Spinning & Abs	Total Body Conditioning
8:45am	Strength & Balance			Strength & Balance		
9:05am						Spinning
9:30am			Yoga			
9:45am	Spinning			Spinning		
10:10am						Kick Boxing
10:30am	Water Aerobics	Arthritis	Water Aerobics	Arthritis	Water Aerobics	
5:30pm	Step & Sculpt	Water Aerobics	Total Body Conditioning			
			Water Aerobics			
6:00pm	Water Aerobics					
6:30pm	Spinning		Spinning			
7:00pm	Arthritis					

Land, Water, Spinning Class Package Options

1-Class

\$3

10-Class Package

\$2.50 per class
multiplied by 10
classes = \$25.00

20-Class Package

\$2.25 a class
multiplied by 20
classes = \$45.00

10 & 20 Class packages valid for one full year from purchase date!

One card may be shared by family members!

We recommend that you consult your physician before beginning any exercise program.