


























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15am Water Walking 	8:30-9:15am Aqua Balance and Strength 	8:30-9:15am Water Walking 	8:30-9:15am Aqua Balance and Strength 	8:30-9:15am Aqua Motion 	
9:15-9:45am Core Zone 	9:15-10:00am Balance 2 		9:15-10:00am Balance 2 		9:00-9:45am Balance 2 
10:00-10:45am Yoga 	10:30-11:00am Body Shop 	10:00-10:45am Stand and Strong 		10:30-11:00am Body Shop 	10:00-11:30am Ping Pong Club Practice 
	10:30-11:30am WAVES 		10:30-11:30am WAVES 		
11:15-11:45am Balance I 	11:15am-12:00pm Tai Chi 	11:15-11:45am Balance and Strength I 	11:15am-12:00pm Tai Chi 	11:15-11:45am Balance 1 	
		1:00-1:45pm Stress Less 			
			1:30-2:15pm Brain Builders 		
	1:30-3:30pm Ping Pong Practice 		1:30-3:00pm Ping Pong Club Practice 		

Black = Wellness Center
Green = Healthcare Neighborhood
Blue = Water Based Class

CLASS ICONS KEY



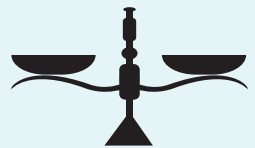
Flexibility Based



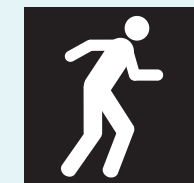
Chair Based/
Low Intensity



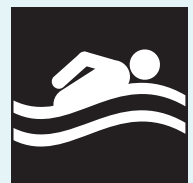
Low-Intensity Pool



Balance-Based



Moderate-to-High-Intensity



High-Intensity Pool



Yoga/
Pilates



Strength-Based