



Healthy Living Schedule January - February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	5:30-6:30AM Aqua Fitness Pool <i>w/Andy</i>	5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	5:30-6:30AM Aqua Fitness Pool <i>w/Andy</i>	5:30-6:30AM Total Body Challenge <i>w/Meagan</i>	
8:00-9:00AM Aerobics for All New Studio		8:00-9:00AM Aerobics for All New Studio		8:00-9:00AM Aerobics for All New Studio	
8:00-8:45AM Aqua Aerobics Pool <i>w/Miri</i>	8:00-8:45 AM Aqua Fit Pool <i>w/Erin</i> \$15	8:00-8:45 AM Aqua Aerobics Pool <i>w/Lolly</i>	8:00-8:45 AM Aqua Fit Pool <i>w/Lolly</i> \$15	8:00-8:45 AM Aqua Aerobics Pool <i>w/ Erin</i>	
8:00-9:00AM Zumba Studio <i>w/ Monica</i>				8:00-9:00AM Zumba Studio <i>w/Sarah</i>	
	Tai Chi I 8:00-8:45AM New Studio <i>w/ Robin</i> \$Fee	9:00-9:30AM Stretch and Balance Pool <i>w/ Lolly</i> \$10	Tai Chi I 8:00-8:45AM New Studio <i>w/ Robin</i> \$Fee		
	9:00-10:15AM Pilates / Yoga Stretch Studio <i>w/Lori</i>	9:15-10:15AM Yoga New Studio <i>w/Romee</i>	9:00-10:15AM Pilates/Yoga Stretch Studio <i>w/Lori</i>	9:15-10:15AM Yoga New Studio <i>w/Romee</i>	9:15-10:15AM Cycle Downstairs
	9:30-10:15AM Enhance Fitness New Studio <i>w/Robin</i>		9:30-10:15AM Enhance Fitness New Studio <i>w/Lolly</i>	9:30-10:15AM Sit and Stretch Community Room <i>w/Lolly</i>	10:30-11:30AM Yoga Studio <i>w/ Steph</i>
	10:30-11:15AM Rock Steady Boxing Studio <i>w/Robin</i>	10:00-11:00AM Tennis Doubles Drills & Skills Court 1 \$10	10:30-11:15AM Rock Steady Boxing Studio <i>w/Robin</i>		
			12:00-1:00PM Pickleball Skills & Drills Open All Levels Court 2 \$10		
	5:00-6:00PM Cardio Tennis Court 1 \$10				
	5:00-6:00PM Core Connection Studio <i>w/ Bonnie</i>		5:00-6:00PM Stroke of The Week Tennis Court 1 \$10		1/25/2023