

Fall Schedule - 2008 Group & 50+ Water and Land Classes

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Hi Rider*	Fit Espresso	Hi Rider*	Fit Espresso	Hi Rider*	
8:00 AM East Pool	Sr. Aqua	Sr. H2O Works	Sr. Aqua	Sr. H2O Works	Sr. Aqua	
8:30 AM 8:30 AM	Stretch & Tone+ Retiree's Gym+	Ball & Pilates	Stretch & Tone+ Retiree's Gym+	Ball & Pilates	Stretch & Tone+ Retiree's Gym+	Hi Rider **
8:45 AM		Cardio Fit		Cardio Fit		
9:00 AM 9:00 AM East Pool 9:00 AM Leisure Pool	Core Conditioning Sr. Aqua Sr. Aqua	Sr. Aqua Sr. H2O Works	Gut n' Butt Sr. Aqua Sr. Aqua	Sr. Aqua Sr. H2O Works	Core Conditioning Sr. Aqua Sr. Aqua	Spectacular Saturday
9:30 AM 9:30 AM 9:30 AM 9:30 AM	Hi/Lo Muscle Aerobics Body Basics Hi Rider	Bootcamp Fun & Fitness Lo Rider	Zumba Muscle Aerobics Body Basics Hi Rider	Kickboxing Fun & Fitness Lo Rider	Challenge Fridays Muscle Aerobics Body Basics Cycle & Sculpt	
10:00 AM East Pool 10:00 AM Leisure Pool 10:30 AM	Aquacise Muscle Pump	H2O Works Arthritis Aqua	Aquacise Muscle Pump	H2O Works Arthritis Aqua	Aquacise Muscle Pump	
12:00 PM		Hi Rider		Lunch Express		
4:30 PM East Pool	Aqua Therapy			Aqua Therapy		
5:30 PM 5:30 PM East Pool	Sculpt n' Cardio H2O Works	Step Cardio H2O Works	Sculpt n' Cardio	Step Cardio H2O Works	Muscle Pump	
5:45 PM		Step Cardio		Step Cardio		
6:00 PM 6:15 PM	Jacki's Aerobics Cardio Kickbox		Jacki's Aerobics Cardio Kickbox	Zumba		
6:30 PM East Pool 6:30 PM	HydoToning Hi Rider*	Hydrotoning Ball & Pilates	Hi Rider*	HydroToning		
7:15 PM	Muscle Pump		Muscle Pump	Ball & Pilates		

*Begins Fall II

**This class will only meet on the last Saturday of each month—2 Hour Ride!