






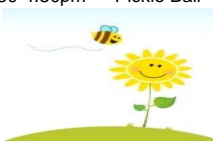




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>**Please bring water bottle and towel for the Indoor Cycling classes **Please arrive early enough to set up your own bike for class</p>	<p>1</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 8:30am - Yoga 11:00am-1:00pm - Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>2</p> <p>8:30am - Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>3</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 11:00am- 1:00pm - Pickle Ball</p>	<p>4</p> <p>8:30am -Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>5</p> <p>8:00am - Deep H2O 8:00am - Aquacize 11:00am- 1:00pm - Pickle Ball</p>	<p>6</p> 
<p>7</p> <p>2:30-4:30pm - Pickle Ball</p> 	<p>8</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 8:30am - Yoga 11:00am-1:00pm - Pickle Ball 12:15pm - Yoga 1:15pm- Aquacize/Deep H2O</p>	<p>9</p> <p>8:30am - Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>10</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 11:00am- 1:00pm - Pickle Ball</p>	<p>11</p> <p>8:30am -Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>12</p> <p>8:00am - Deep H2O 8:00am - Aquacize 11:00am- 1:00pm - Pickle Ball</p>	<p>13</p> 
<p>14</p> <p>2:30-4:30pm - Pickle Ball</p> 	<p>15</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 8:30am - Yoga 11:00am - Indoor Cycling 11:00am-1:00pm - Pickle Ball 12:15pm - Yoga 1:15pm- Aquacize/Deep H2O</p>	<p>16</p> <p>8:30am -Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>17</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 11:00am- 1:00pm - Pickle Ball</p>	<p>18</p> <p>8:30am -Zumba 8:30am - Yoga 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling-Keli</p>	<p>19</p> <p>8:00am - Deep H2O 8:00am - Aquacize 11:00am- 1:00pm - Pickle Ball</p>	<p>20</p> 
<p>21</p> <p>2:30-4:30pm - Pickle Ball</p> 	<p>22</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am -Zumba 11:00am-1:00pm - Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>23</p> <p>8:30am -Zumba 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>24</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - Zumba 11:00am- 1:00pm - Pickle Ball</p>	<p>25</p> <p>8:30am - Zumba 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- NO Indoor Cycling</p>	<p>26</p> <p>8:00am - Deep H2O 8:00am - Aquacize 11:00am- 1:00pm - Pickle Ball</p>	<p>27</p> 
<p>28</p> <p>2:30-4:30pm - Pickle Ball</p> 	<p>29</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - No Zumba 11:00am-1:00pm - Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>30</p> <p>8:30am -Zumba 1:15pm - Deep H2O 1:15pm - Aquacize 5:00- 7:00pm - Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>31</p> <p>8:00am- Deep H2O 8:00am - Aquacize 8:30am - No Zumba 11:00am- 1:00pm - Pickle Ball</p>			<p>**Yoga Classes will be held in the downstairs classroom. Please provide your own Yoga mat and towel</p>