

CLASS SCHEDULE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION
WATER EXERCISE CLASSES							
Water Aerobics	9:00 - 10:00 AM	★	★		★	★	POOL
Water Aerobics	10:30 - 11:30 AM	★	★		★	★	POOL
Water Aerobics	1:00 - 2:00 PM	★	★		★	★	POOL
Water Aerobics	6:30 - 7:30 PM	★		★	★		POOL
Noodle Aerobics	2:30 - 3:30 PM	★	★		★		POOL
Lap Swimming	10:00 - 10:30 AM	★	★		★	★	POOL
Lap Swimming	2:00 - 2:30 PM	★	★		★		POOL
ART AND QUILTING CLASSES							
Oil Painting	1:00 - 4:00 PM	★					HEALTH & WHOLENESS CENTER
Needle Work	1:00 - 4:00 PM		★				HEALTH & WHOLENESS CENTER
Pastel Art - Please call the office for dates, times, and location							
Fees: There is a one-time membership registration fee of \$50. Water exercise participants incur a monthly fee of \$45 to help offset maintenance and utility costs. Adults under 50 may register for water exercise classes with a doctor's written prescription.							