

FITNESS CLASS SCHEDULE

PROGRAM NOTES:

Aerobic class walk-ins are always

welcome – \$8.00 class fee for hotel guests or \$12.00 class fee for non-hotel guests.

** These classes have a fee ranging from \$8-\$10; discount packages available.

* Most classes are one hour in length and are appropriate for all fitness levels.

* Management reserves the right to cancel or re-schedule any regularly scheduled class that does not have six (6) or more participants on a regular basis.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	Muscle Core Mix <i>Aleen Waters</i>		Circuit Class <i>Aleen Waters</i>		Step / Bosu & Abs <i>Aleen Waters</i>
8:00		Water Energizer ** Real Hard Fun <i>Sonja Brown</i> <i>Ken Bromley</i>		Water Energizer <i>Sonja Brown</i>	
8:30	Cardio/ Strength <i>Cyndy Long</i>		Cardio/Circuit <i>Cyndy Long</i>		Aero/Bosu/Strength <i>Cyndy Long</i>
9:00	Aqua Fitness <i>Mary V.</i>	Chair Yoga <i>Debbie Haon</i>	Aqua Fitness <i>Mary V.</i>		
9:30					Flow Yoga
10:15	Aqua Fitness SilverSneakers <i>Mary V.</i> MSROM <i>Barry</i>	SilverSneakers MSROM <i>Barry McLaughlin</i>	Aqua Fitness **Tai Chi <i>Mary V</i> Chi Kung <i>Dan Jones</i>	SilverSneakers MSROM <i>Barry McLaughlin</i>	Aqua Fitness <i>Mary V.</i>
10:30					SilverSneakers Cardiocircuit <i>Denise Schaaf</i>
11:00		SilverSneakers MSROM <i>Polly Caprio</i>		SilverSneakers MSROM <i>Polly Caprio</i>	
11:15	SilverSneakers II <i>Cyndy Long</i>				
11:30			Silver Sneakers II <i>Cyndy Long</i>		SilverSneakers Yoga Stretch <i>Denise Schaaf</i>
12:00 PM		Cardio Step <i>Polly Caprio</i>		Cardio Step <i>Polly Caprio</i>	
5:30		Power Toning <i>Denise Schaaf</i>		Power Toning <i>Denise Schaaf</i>	
6:00	Water Aerobics <i>Denise Schaaf</i>	Water Classes <i>Kathy Sonenstahl</i>	Power Conditioning <i>Ken Bromley</i>	Water Classes <i>Kathy Sonenstahl</i>	
6:30		**Punch/Kick <i>Peyton Russell</i>			
7:30					

SATURDAY - 10 to 11:30 a.m. - Japanese Karate - Purple, Brown & Black Belts



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