



# January 2020 SCHEDULE

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Happy New Year ~ Closed January 1st

## \*\* RESTORATIVE YOGA FRIDAY'S 3-5 WITH TYLER ~ CHECK IT OUT\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 9-6PM
Functional Fitness	***Yoga-Mixed Level	Functional Fitness	***Yoga-Mixed Level	Functional Fitness	Pilates
8:30-9:30 Jeff/Sarah	9:15-10:15 Sarah	8:30-9:30 Jeff/Sarah	9:15-10:15~Sarah	8:30-9:30 Jeff/Sarah	10:00-11:00 Kristen
Senior Aquacise#1	Begin/Interm Senior Functional Fitness	Senior Aquacise#1	Begin/Interm Senior Functional Fitness	Senior Aquacise#1	Adult Climbing
8:30-9:30 Vision	10:30-11:30 Jeff/Sarah	8:30-9:30 Vision	10:30-11:30 Jeff/Sarah	8:30-9:30 Vision	2:00-5:00pm \$16 with tax
Senior Aquaciser		Senior Aquaciser		Senior Aquaciser	
10:00-11:00 ~Debbie		10:00-11:00 ~Debbie		10:00-11:00 ~Debbie	
Flexible Strength & Stretch		Flexible Strength & Stretch	Intermed Yoga	Flexible Strength & Stretch	
12-1:30 Sherri Ann		12-1:30 Sherri Ann	5:15-6:45 Melisse	12-1:30 Sherri Ann	
Beginning Yoga	Intermed Yoga		Aqua Fit	Resorative Yoga	
5:15-6:30pm Melisse	5:15-6:45 Melisse		5:30-6:30 Terrilynn	3:00-5:00 Tyler	<b>SUNDAY 8:00-1:00PM</b>
Aqua Fit	Aqua Fit	Aqua Fit	Teen Climbing		Pool closes 12:45
5:30-6:30 Terrilynn	5:30-6:30 Terrilynn	5:30-6:30 Terrilynn	3:30-5:30 \$13		
Kids Climbing	Adult Climbing	Kids Climbing	Adult Climbing		
3:30-5:30 \$13	5:00-8:00 \$16	3:30-5:30 \$13	6:00-8:00 \$13		

**Kids Climbing M/W ~3:30-5:30pm \$13 per session and Waiver must be signed**

**Teen Climb ~Thursday 3:30-5:30 \$13 per sessions & Wavier must be signed each session**

**Adult Climbing Tuesday 5-8/Saturday 2-5~ 3 hour \$16 with tax/ Thursday 6-8 ~ 2 hour \$13**