Fitness Class Schedule	MON	TUES	WED	THURS	FRI	SAT
9–9:45AM		Gentle Yoga		Gentle Yoga		
10–10:45AM		Strength & Balance		Strength & Balance		
11AM–12PM	Aqua Shallow	Fibromyalgia Aqua Class	Aqua Deep	Fibromyalgia Aqua Class	Aqua Shallow	Aqua Deep

Gentle Yoga

This class flows at a gentle pace and focuses on breathing, relaxation, and a variety of movements for stability and mobility. Increase your range of motion, reduce pain, alleviate stress, and improve your quality of life! Bring your yoga mat.

Strength & Balance

Join us for a low-impact class designed to improve balance, build endurance, and strengthen muscles. Hand-held weights, and stretch bands are provided.

Aqua Shallow

Takes place in shallow water. Excellent for those new to aqua exercise.

Aqua Deep

Takes place in deep water with the use of a flotation belt.

Fibromyalgia

Takes place in the shallow, warm-water pool and focuses on gentle range of motion and mobility exercises.

- **Unlimited classes are included in memberships!**
- **Classes are for all levels, start at any time**
- **No membership? Pay the drop-in fee or punch your card per class/day**
- **Music is played during classes to enhance and support fitness goals**