

DROP-IN FITNESS CLASSES AND CLUBS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Lap Swim 8:00-9:30 included with pass / drop in</p>		<p>Lap Swim 8:00-9:30 included with pass / drop in</p>	<p>Lap Swim 8:00-9:30 included with pass / drop in</p>	<p>Lap Swim 8:00-9:30 included with pass / drop in</p>	
	<p>Hatha Yoga 9:30-10:30 \$7 reg / \$5 senior</p>		<p>Pickleball Club 9:30-11:30 included with pass / drop-in</p>	<p>Stitchers Club (Every 1st & 3rd Th) 9:00-4:00 included with pass / drop-in</p>	<p>Hatha Yoga 9:30-10:30 \$7 reg / \$5 senior</p>	
	<p>Pickleball Club 9:30-11:30 included with pass / drop-in</p>		<p>Aquafit Club 9:30-10:30 included with pass / drop in</p>		<p>Aquafit Club 9:30-10:30 included with pass / drop in</p>	
	<p>Aquafit Club 9:30-10:30 included with pass / drop in</p>				<p>Senior Fit 11:00 - 12:00 free for residents 60+ , non-res \$3</p>	
	<p>Senior Fit 11:00 - 12:00 free for residents 60+ , non-res \$3</p>		<p>Body Movement 5:30-6:45 \$7 reg / \$5 senior</p>	<p>Family Gym 12:30-3:00 included with pass/drop-in</p>	<p>Pickleball Club 2:00-4:00 included with pass / drop-in</p>	
	<p>Taekwondo 6:00 - 7:00 drop in \$8 child/\$10 adult</p>		<p>Taekwondo (4+) 6:00 - 7:00 drop in \$8 child/\$10 adult</p>			
	<p>Master Swim 6:00-7:30 included with pass / drop in</p>		<p>Master Swim 6:00-7:30 included with pass / drop in</p>			

