

CLASSES IN THE AEROBICS ROOM

MON	TUE	WED	THU	FRI
		5:30-6:15 am		7:30-8:15am
8:30 -9:30 am AEROBIC BODY SCULPTING <i>Kelly</i>	8:00-9:00 am PILATES <i>Suzanne</i>	BARBELL STRONG <i>Ben</i> <i>(in back room)</i>	8:00-9:00 am PILATES <i>Suzanne</i>	Barbell Strong <i>Ben</i> <i>(in back room)</i>
		7:30-8:15 am YOGA Flow <i>Thomas</i>		8:15-9:15 am BODY ATTACK <i>TBD</i>
9:45-10:45am BODY ATTACK <i>Kaitlyn</i>	9:15-10:00am POWER FIT <i>Gedgit</i>	8:30 -9:30 am BODY ATTACK <i>Kaitlyn</i>	9:15-10:00am POWER FIT <i>Gedgit</i>	
	10:15-11am	10:50-11:45 am	10:15-11am	
10:50-11:45 am BOOMER FIT <i>Rhoda</i>	Beginner MOBILITY <i>Suzanne</i>	BOOMER FIT <i>Rhoda</i>	Beginner MOBILITY <i>Suzanne</i>	
	11:15-NOON		11:15-NOON	4:45-5:45PM
4:45-5:45pm X-Fit <i>Curtis</i> <i>(in back room)</i>	FOCUS ON FLEXIBILITY <i>Suzanne</i>		FOCUS ON FLEXIBILITY <i>Suzanne</i>	X-Fit <i>Curtis</i> <i>(in back room)</i>
5:30-6:45 pm	5:30-6:45PM	4:45-5:45pm	5:30-6:45PM	5:00-5:30 pm MEDITATION <i>Thomas</i>
YOGA <i>Thomas</i>	BODY BLAST <i>Ben</i>	X-Fit <i>Curtis</i> <i>(in back room)</i>	BODY CONDITIONING and Mobility <i>Ben</i>	5:30-6:45 pm YIN YOGA <i>Thomas</i>
6:00-7:00 pm		5:15-6:45pm		6:00-7:00 pm
BAREBLL STRONG <i>Ben</i> <i>(in back room)</i>		30/30/30 <i>Kelly</i>		BAREBLL STRONG <i>Ben</i> <i>(in back room)</i>

CLASSES IN THE MULTI-PURPOSE ROOM

MON	TUE	WED	THU	FRI
6:30-7:15am		6:30-7:15am		
GROUP CYLING & CONDITIONING <i>Ben</i>	6:45-7:45 am ZUMBA <i>Beth</i>	GROUP CYLING & CONDITIONING <i>Ben</i>	6:45-7:45am ZUMBA <i>Beth</i>	
	8:00-9:00am		8:00-9:00 am	8:30-9:30 am
	GROUP CYCLING <i>Gedgit</i>		GROUP CYCLING <i>Gedgit</i>	GROUP CYCLING <i>Dale</i>
9:40-10:40 am		9:40-10:40 am		SAT
GROUP CYCLING <i>Dale</i>		GROUP CYCLING <i>TBD</i>		8:30-9:30am
	5:30-6:30 pm		5:30-6:30 pm	Rip & Ride <i>Kaitlyn</i>
	GROUP CYCLING <i>Dale</i>		Zumba® <i>Beth</i>	9:45-10:45am
				Cardio/Cuts/Core <i>Kaitlyn</i>

UNION GENERAL WELLNESS CENTER WATER CLASSES

All Classes are Included in your Membership!

MON	TUE	WED	THU	FRI
8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am
WATER PILATES <i>Pam</i>	DEEP WATER AEROBICS <i>Pam</i>	WATER PILATES <i>Pam</i>	DEEP WATER AEROBICS <i>Pam</i>	WATER PILATES <i>Pam</i>
9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am
WATER AEROBICS <i>Pam</i>	WATER PILATES <i>Pam</i>	WATER AEROBICS <i>Pam</i>	EASY WATER PILATES <i>Pam</i>	WATER AEROBICS <i>Pam</i>
10:00-10:30 am	10:00-11:00 am	10:00-10:30 am	10:00-11:00 am	10:00-10:30 am
WATER STRETCH <i>Pam</i>	WATER ARTHRITIS <i>Pam</i>	WATER STRETCH <i>Pam</i>	WATER ARTHRITIS <i>Pam</i>	WATER STRETCH <i>Pam</i>
10:30-11:15 am	11:00-11:45 am	10:30-11:15 am	11:00-11:45 am	10:30-11:15 am
WATER ARTHRITIS <i>Pam</i>	POOLATES <i>Pam</i>	WATER ARTHRITIS <i>Pam</i>	POOLATES <i>Pam</i>	WATER ARTHRITIS <i>Pam</i>
11:15-12:00 pm		11:15-12:00 pm		11:15-12:00 pm
POOLATES <i>Pam</i>		POOLATES <i>Pam</i>		POOLATES <i>Pam</i>
5:00-6:30 pm		4:00-6:30 pm		5:00-6:30 pm
SWIM TEAM <i>(4 lanes)</i>	6:00-7:00 pm	SWIM TEAM <i>(4 lanes)</i>	6:00-7:00 pm	SWIM TEAM <i>(4 lanes)</i>
	WATER AEROBICS <i>Debra</i>		WATER AEROBICS <i>Debra</i>	

Pool closes 30 minutes prior to closing time. During classes 3 lanes are available for adults to lap swim (please share lanes). No children are allowed in the pool during water classes. Children must be supervised at all times. No running, diving, jumping, throwing objects or horseplay. Please stay off the lane ropes, pool cover reels and hand rail.

