

UNION GENERAL WELLNESS CENTER WATER CLASSES
All Classes are Included in your Membership!

MON	TUE	WED	THU	FRI
8:00-9:00 am WATER PILATES <i>Pam</i>	8:00-9:00 am DEEP WATER AEROBICS <i>Pam</i>	8:00-9:00 am WATER PILATES <i>Pam</i>	8:00-9:00 am DEEP WATER AEROBICS <i>Pam</i>	8:00-9:00 am WATER PILATES <i>Pam</i>
9:00-10:00 am WATER AEROBICS <i>Pam</i>	9:00-10:00 am EASY WATER PILATES <i>Pam</i>	9:00-10:00 am WATER AEROBICS <i>Pam</i>	9:00-10:00 am EASY WATER PILATES <i>Pam</i>	9:00-10:00 am WATER AEROBICS <i>Pam</i>
10:00-10:30 am WATER ARTHRITIS STRETCH <i>Pam</i>	10:00-11:30 am ARTHRITIS STRETCH & BICYCLE <i>Ginny</i>	10:00-10:30 am WATER ARTHRITIS STRETCH <i>Pam</i>	10:00-11:30 am ARTHRITIS STRETCH & BICYCLE <i>Ginny</i>	10:00-10:30 am WATER ARTHRITIS STRETCH <i>Pam</i>
10:30-11:30 am WATER ARTHRITIS <i>Pam</i>	<i>new time</i> starting 9/27	10:30-11:30 am WATER ARTHRITIS <i>Pam</i>	<i>new time</i> starting 10/27	10:30-11:30 am WATER ARTHRITIS <i>Pam</i>
<i>new time</i> starting 10/24	4:00-6:00 pm SWIM TEAM (4 lanes)	<i>new time</i> starting 9/28	4:00-6:00 pm SWIM TEAM (4 lanes)	<i>new time</i> starting 10/28
4:00-6:30 pm SWIM TEAM (4 lanes)	6:00-7:00 pm WATER AEROBICS <i>Debra</i>	4:00-6:30 pm SWIM TEAM (4 lanes)	6:00-7:00 pm WATER AEROBICS <i>Debra</i>	4:00-6:30 pm SWIM TEAM (4 lanes)

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.

See Second Page for More Classes

CLASSES IN THE AEROBICS ROOM

MON	TUE	WED	THU	FRI
7:00-8:30 am PILATES <i>Suzanne</i>	8:00-9:00 am YOGA/PILATES <i>Suzanne</i>	7:00-8:30 am PILATES <i>Suzanne</i>	8:00-9:00 am YOGA/PILATES <i>Suzanne</i>	9:30-10:15am MEN'S STRETCH <i>Suzanne</i>
8:30 -9:30 am AEROBIC BODY SCULPTING <i>Gedgit</i>	9:15-10:00am POWER CIRCUIT <i>Debbi</i>	8:30 -9:30 am AEROBIC BODY SCULPTING <i>Gedgit</i>	9:15-10:00am POWER CIRCUIT <i>Debbi</i>	10:30-11:30 am FOCUS ON FLEXIBILTY <i>Suzanne</i>
10:45-11:45 am SENIOR MIX <i>Gedgit</i>	10:30-11:30 am FOCUS ON FLEXIBILTY <i>Suzanne</i>	10:45-11:45 am SENIOR MIX <i>Gedgit</i>		4:30-5:30PM <i>Extreme Fitness</i> <i>Curtis</i> <i>(in back room)</i>
4:30-5:30pm <i>Extreme Fitness</i> <i>Curtis</i> <i>(in back room)</i>		4:30-5:30pm <i>Extreme Fitness</i> <i>Curtis</i> <i>(in back room)</i>		5:00-5:30 pm MEDITATION <i>Thomas</i>
5:30-6:30 pm BODY SCULPTING YOGA <i>Kelly</i>	5:30-6:45PM BODY BLAST BEN	5:30-6:00pm STEP	5:30-6:15PM BODY CONDITIONING BEN <i>6:15-7:00PM</i>	5:30-6:30 pm YOGA <i>Thomas</i>
6:15-7:15 pm BAREBLL STRONG <i>Ben</i> <i>(in back room)</i>		6:00-6:30 pm BODY SCULPTING YOGA <i>Kelly</i>	MOBILITY <i>Ben</i>	6:00-7:00 pm 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 GROUP CYLING <i>Ben</i>	6:45-7:45 am ZUMBA <i>Susan</i>	6:30-7:15am GROUP CYLING <i>Ben</i>	6:45-7:45am ZUMBA <i>Susan</i>	7:30-8:15am GROUP CYLING <i>Ben</i>
9:40-10:40 am GROUP CYCLING <i>Gedgit</i>	9:15-10:15 am GROUP CYCLING <i>Gedgit</i>		9:15-10:15 am GROUP CYCLING <i>Gedgit</i>	8:30-9:30 am GROUP CYCLING <i>Dale</i>
	10:30-11:30 am LINE DANCING	9:40-10:40 am GROUP CYCLING	10:30-11:30 am LINE DANCING	SAT
				8:30-9:15am

5:30-6:30pm GROUP CYCLING <i>Dale</i>	<i>Pam</i> 5:30-6:30 pm GROUP CYCLING <i>Dale</i>	<i>Gedgit</i>	<i>Pam</i> 5:30-6:30 pm Zumba® <i>Beth</i>	Rip & Ride Kaitlyn
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