



Central Fitness Schedule

MON	TUE	WED	THU	FRI
BOOT CAMP 6:00-7:00AM		BOOT CAMP 6:00-7:00AM		
AQUAROBICS 6:30-7:30AM		AQUAROBICS 6:30-7:30AM		AQUAROBICS 6:30-7:30AM
	WATER RUNNING 7:45-8:30AM		WATER RUNNING 7:45-8:30AM	
WATER EXERCISE 8:30-9:15AM	ARTHRITIS WATER EXERCISE 9:00-9:45AM	WATER EXERCISE 8:30-9:15AM	ARTHRITIS WATER EXERCISE 9:00-9:45AM	WATER EXERCISE 8:30-9:15AM
		MULTIPLE SCLEROSIS SWIM 9:30-10:30AM		SILVER SNEAKERS 8:30-9:30AM
SILVER SNEAKERS 9:45-10:30AM		SILVER SNEAKERS 9:45-10:30AM		
WATER EXERCISE 12:00-12:45PM	AQUAROBICS 12:00-1:00PM	WATER EXERCISE 12:00-12:45PM	AQUAROBICS 12:00-1:00PM	WATER EXERCISE 12:00 12:45PM
PUMP-N-TONE 5:30-6:30PM	AEROBICS PLUS 5:30-6:30PM	PUMP-N-TONE 5:30-6:30PM	AEROBICS PLUS 5:30-6:30PM	
AQUAROBICS 5:30-6:30PM	PILATES 5:30-6:30PM	AQUAROBICS 5:30-6:30PM	YOGA 5:30-6:30PM	AQUAROBICS 5:30-6:30PM
ADAPTED AQUATICS OPEN SWIM 6:30-7:30PM		ADAPTED AQUATICS OPEN SWIM 6:30-7:30PM		
YOGA 6:30-7:30PM		YOGALATES 6:40-7:40PM		