

**LAND CLASSES**

**Monday**

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Line Dance (M)	Carolyn
11:00-11:50AM	Body Toning	Olga
<u>12:00-1:30PM</u>	Pickle Ball	
5:00-8:00PM	Cardio/Weight/Circuit	

**Tuesday**

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Cardio Sculpt (M)	Dolores
10:00-10:50AM	Balance Stability	Olga
11:00-11:50AM	Chair Yoga	Olga
12:00-1:30PM	Chair Volleyball	
<u>12:30-2:30PM</u>	Matter of Balance 1/10/23--2/2/23	
5:00-8:00PM	Cardio/Weight/Circuit	

**Wednesday**

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Line Dance	Carolyn
11:00-11:50AM	Chair Salsa	Olga
<u>12:00-1:30PM</u>	PickleBall	
5:00-8:00PM	Cardio/Weight/Circuit	

**Thursday**

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Cardio Sculpt (M)	Dolores
10:00-10:50AM	Balance Stability	Rhonda
11:00-11:50AM	Chair Yoga	Olga
12:00-1:30PM	Chair Volleyball	
<u>12:30-2:30PM</u>	Matter of Balance 1/10/23--2/2/23	
5:00-8:00PM	Cardio/Weight/Circuit	

**Friday**

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Line Dance	Carolyn
<u>11:00-11:50AM</u>	Body Toning	Olga
12:00-1:30PM	Pickle Ball	

**Saturday**

<b>Land</b>		
8:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga	Rhonda
<b>Water</b>		
8:00AM-8:50AM	Lap Swim	
9:00AM-9:50AM	Drills, Core & Strength	Patricia
9:00AM-9:50AM	Aquacise	Socorro
10:00AM-12:00PM	Rec Swim	

**AQUATIC CLASSES**

**Monday**

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
<u>11:00-11:50 AM</u>	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Rec Swim(D)	
6:00-6:50PM	Splash Aerobics(S)	Kathy
7:00-7:50PM	Rec Swim	

**Tuesday**

7:00-8:50AM	Lap Swim	
9:00-9:50AM	Water Yoga	Rhonda
<u>10:00AM-11:50AM</u>	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Aquacise	Socorro
6:00-6:50PM	Aqua Interval	Joy
7:00-7:50PM	Rec Swim	

**Wednesday**

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
<u>11:00-11:50 AM</u>	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Rec Swim(D)	
6:00-6:50PM	Splash Aerobics(S)	Kathy
7:00-7:50PM	Rec Swim	

**Thursday**

7:00-8:50AM	Lap Swim	
9:00-9:50AM	Water Yoga	Rhonda
<u>10:00-11:50AM</u>	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Aquacise	Socorro
6:00-6:50PM	Aqua Interval	Joy
7:00-7:50PM	Rec Swim	

**Friday**

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
<u>11:00-11:50AM</u>	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-7:50PM	Rec Swim	

Intensity (L)=Low (M)=Medium (H)=High S=shallow d=deep

**Schedule Effective 1/1/2023**

### **\*Monthly Fees - No Joining Fee**

Single	\$39
W/Dependent(17 & under)	\$49
Mem/Spouse	\$59
Family	\$69

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### **\*Monthly Fees - No Joining Fee**

Seniors 55 & Over and Corporate Accounts  
Student (Student ID Required)  
Military/Veteran (Military ID Req.)  
Grandchildren Add To Your Membership \$10/child/month

Single	\$30
Single W/Dependent (17& under)	\$40
Mem/Spouse	\$45
Family	\$59

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### **Drop In Fees**

Drop-In Fee (Per Person)	\$5
Family (2 Adults/4 Children)	\$20

### **Children**

Weight Room- All children under 15 must be accompanied by parent.  
To swim independently children must pass swim test.  
Children under 8 must have an adult within arm's reach in the pool.

### **Payment Options:**

- \*Bank Draft/Credit Card/Debit Card Draft
- \*No Cash Accepted
- \*Medicare Supplemental Insurance—Contact your medical insurance carrier to see if they supplement your membership dues.
- \* Some Financial Aid Assistance available
- \* 30 Day written cancellation noticed required