

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	Chair Salsa	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	Rhonda
<u>12:00-1:30PM</u>	Chair Volleyball	
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Strength Conditioning	Staff

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>12-1:30PM</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	Chair Yoga	Rhonda
<u>12:00-1:30PM</u>	Chair Volleyball	
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Strength Conditioning	Staff

Friday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Balance Stability	Olga
<u>11:00-11:50AM</u>	Chair Salsa	Olga
5:00-8:00PM	Cardio/Weight/Circuit	

**All Classes are 50 minutes long.

AQUATIC CLASSES

Monday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
9:00-9:50AM	Total Water Workout (S)	Kirsten
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
9:00-9:50AM	Total Water Workout (S)	Kirsten
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
9:00-9:50AM	Total Water Workout (S)	Kirsten
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 6/6/2022

Saturday

Land

8:00AM-12:00PM	Cardio/Weight/Circuit	
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Water

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	

***Monthly Fees - No Joining Fee**

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

***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

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/3 Month Advance Pay (non-refundable)
- *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