





Summer 2019 Group Fitness Schedule

Fee for Debbie's Classes: \$10 Drop-In
OR \$100.00 - 15 class punch card
Effective: May 13th, 2019

	Monday	Tuesday	Wednesday	Thursday
7:15 AM		Poolside Yoga (Debbie) 		
8:00 AM	Tabata Sculpt (Debbie)		Aerobata (Debbie)	
9:15 AM	Moai Walk FREE (Debbie) 	Men's FFG (Debbie)	Core, Sculpt, Stretch (Debbie)	Men's FFG (Debbie)
10:30 PM		Water Aerobics *starts May 21st* (Jon) \$10.00	Yoga (Debbie) 	
3:00PM	Gentle Yoga & Stretch (Debbie) 	Total Body Sculpt (Debbie)		