
















DOME DOWN WEEK

Fish Out of Water Week!

We know how much you love our aqua classes, and while we'll still offer some options during Dome Down Week, we also know that April weather can be unpredictable. That's why we're introducing "Fish Out of Water" classes—fun alternatives to keep you moving. Whether you brave the waters or brave a new class, step outside your comfort zone and join the fun! Aqua Classes will be held in the Rec Pool until the dome installation is complete, after which they will move to the Therapy Pool.

DAY	CLASS	TIME	STUDIO
 FRIDAY 4/10	CHAIR YOGA	9:00 AM - 9:45 AM	STUDIO 1
 SATURDAY 4/11	AQUA ZUMBA	9:00 AM - 9:45 AM	REC POOL
 MONDAY 4/13	AQUA BOX	8:00 AM - 8:45 AM	REC POOL
 MONDAY 4/13	SCULPT & STRETCH	9:00 AM - 9:45 AM	SPORT COURT
 TUESDAY 4/14	ATHLETIC AQUA INTERVALS	8:00 AM - 8:45 AM	REC POOL
 TUESDAY 4/14	CHAIR YOGA	9:00 AM - 9:45 AM	STUDIO 2
 TUESDAY 4/14	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	REC POOL
 WEDNESDAY 4/15	AQUA ZUMBA	8:00 AM - 8:45 AM	REC POOL
 WEDNESDAY 4/15	WALKING INTERVALS	9:00 AM - 9:45 AM	SPORT COURT
 THURSDAY 4/16	ATHLETIC AQUA INTERVALS	8:00 AM - 8:45 AM	REC POOL
 THURSDAY 4/16	AQUA SCULPT & TONE	9:00 AM - 9:45 AM	THERAPY POOL
 THURSDAY 4/16	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	THERAPY POOL
 FRIDAY 4/17	AQUA YOGA	9:00 AM - 9:45 AM	THERAPY POOL



Serving family, fitness & fun!