



**Monthly Fees:** Individual \$73.00 Married Couple \$115.00  
**Personal Training Session** Individual \$45 per hour/\$30 per half hour

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
6:15-7:00 A.M.	6:15-7:00 A.M.	6:15-7:00 A.M.	6:15-7:00 A.M.	6:15-7:00 A.M.	
7:15-8:00 A.M.	7:15-8:00 A.M.	7:15-8:00 A.M.	7:15-8:00 A.M.	7:15-8:00 A.M.	
8:30-9:15 A.M.	8:30-9:15 A.M.	8:30-9:15 A.M.	8:30-9:15 A.M.	8:30-9:15 A.M.	8:30-9:30 A.M.
	8:30-9:15 A.M. Shallow Class Mabee Pool		8:30-9:15 A.M. Shallow Class Mabee Pool		
10:00-10:45 A.M. Intro to Water Aerobics	12:15-12:45 Deep Water Running FMH Pool	10:00-10:45 A.M. Intro to Water Aerobics	12:15-12:45 Deep Water Running FMH Pool	10:00-10:45 A.M. Intro to Water Aerobics	
12:15 -1:00 P.M.	12:15 -1:00 P.M. MS Class	12:15 -1:00 P.M.	12:15 -1:00 P.M. MS Class	12:15 -1:00 P.M.	
4:30-5:15 P.M.	4:30-5:15 P.M.	4:30-5:15 P.M.	4:30-5:15 P.M.		
5:30-6:15 P.M.	5:30-6:15 P.M.	5:30-6:15 P.M.	5:30-6:15 P.M.		

**LAND CLASSES ARE OFFERED IN THE DOSS ROOM PLEASE SEE THE LAND EXERCISE CLASS SCHEDULE**