



SPRING INTO ACTION

SPRING BREAK CLASSES!

Southeast Branch

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH 11-17, 2019

No registration required. All classes are on a first come, first serve basis.

DATE	TIME	CLASS	LOCATION
Monday, 3/11			
	9:15-10:15 am	60 Minute Cycle	Cycle Studio
	10:00-10:45 am	Arthritis Aquatics Deep	Main Pool
	11:30-12:30 pm	Power Flow Yoga	Fit Room 1
	12:00-12:55 pm	Aqua Fit Deep Water	Main Pool
	12:05-12:50 pm	Arthritis Aquatics Basic	Multipurpose Pool
Tuesday, 3/12			
	6:00-6:45 am	TRX	Fit Room 2
	6:00-7:00 am	Yoga for Strength	Yoga Studio
	8:30-9:15 am	TRX	Fit Room 2
	8:50-9:45 am	Aqua Fit Deep Water	Main Pool
	9:00-9:55 am	Aqua Fit Shallow Water	Multipurpose Pool
	10:45-11:30 am	Arthritis Aquatics Plus	Multipurpose Pool
	12:00-12:45 pm	Arthritis Aquatics Basic	Multipurpose Pool
	5:30-6:15 pm	Power Pump	Fit Room 1
	5:30-6:15 pm	Zumba Gold	Fit Room 2
	5:45-6:45 pm	Gentle Yoga	Yoga Studio
	6:00-6:45 pm	Total Body Strength	TBS Studio
	7:00-8:00 pm	Yoga 1	Yoga Studio
Wednesday, 3/13			
	9:00-9:55 am	Aqua Fit Shallow Water	Multipurpose Pool
	9:15-10:15 am	Power Pump	Fit Room 1
	10:00am-10:45 am	Arthritis Aquatics Deep	Main Pool
	10:45-11:45 am	Power Flow Yoga	Yoga Studio
	12:05-12:50 pm	Arthritis Aquatics Basic	Multipurpose Pool
	6:00- 6:55 pm	Shallow Water Aqua Fit	Multipurpose Pool
Thursday, 3/14			
	6:00-6:45 am	Total Body Strength	TBS Studio
	8:50-9:45 am	Aqua Fit Deep Water	Main Pool
	9:00-9:55 am	Aqua Fit Shallow Water	Multipurpose Pool
	9:15-10:00 am	Zumba	Fit Room 1
	5:30- 6:15 pm	Power Pump	Fit Room 1
	5:30- 6:15 pm	Zumba Gold	Fit Room 2
	6:30-7:30 pm	Power Flow Yoga	Fit Room 2
	7:00-8:00 pm	Yoga 1	Yoga Studio
Friday, 3/15			
	6:00-6:45 am	Boot Camp	Cardinal Court
	8:00-9:00 am	Power Pump	Fit Room 1
	8:15-9:15 am	Yoga/Pilates Mix	Yoga Studio
	9:15-10:15 am	Cardio Blast	Fit Room 1
	10:00-10:45 am	Arthritis Aquatics Deep	Main Pool
Saturday, 3/16			
	9:30-10:30 am	RIPPED	Fit Room 1