

Pre/Postnatal and Water Workout Classes

Effective January 2, 2019

TIME	CLUB / CLASS	INSTRUCTOR / ROOM
Monday		
9:15 – 10:15 am	EAC	Water Workout: Cross Training . . .Debbie F. P
10:00 – 11:00 am	LPAC	Water Workout: MovementSeth H. P
12:00 – 1:00 pm	LSAC	Water Workout: AthleticLisa H. P
5:45 – 6:45 pm	LSAC	Aqua YogaKraig F. P
6:00 – 7:00 pm	EAC	Water Workout: MovementRobin G. P
6:30 – 7:30 pm	LPAC	Water Workout: Cross TrainingMeg M. P
6:30 – 7:30 pm	LVAC	Water Workout: Cross TrainingLisa H. P

Tuesday		
9:00 – 10:00 am	LPAC	Pre/Postnatal Studio Strength Karli G. 1
9:30 – 10:30 am	EAC	Water Workout: MovementSteve W. P
10:00 – 11:00 am	LPAC	Water Workout: Cross Training . . . Carlye W. P
10:15 – 11:15 am	LVAC	Water Workout: Cross Training . . .Penny S. P
12:00 – 1:00 pm	WAC	Water Workout: Cross Training . . .Stephanie B.J. P
6:00 – 6:45 pm	LVAC	Aqua BarreAlisa G. P

Wednesday		
10:00 – 11:00 am	LPAC	Water Workout: Cross Training Lisa H. P
11:00 – 12:00 am	LVAC	Aqua YogaKraig F. P
12:00 – 1:00 pm	LSAC	Water Workout: Cross Training Lisa H. P
6:00 – 7:00 pm	LSAC	Water Workout: Cross TrainingLisa H. P
6:00 – 7:00 pm	EAC	Water Workout: MovementRobin G. P
7:00 – 8:00 pm	WAC	Water Workout: Cross Training . . Carlye W. P

Thursday		
9:30 – 10:30 am	EAC	Aqua ZumbaSuzy C. P
10:00 – 11:00 am	LPAC	Water Workout: Cross Training . . .Penny S. 1
11:00 – 11:45 am	LPAC	Yo ToddlerDonna W. 1
12:00 – 1:00 pm	WAC	Water Workout: Athletic . . .Stephanie B.J. P
7:00 – 7:45 pm	LVAC	Water Workout: Cross TrainingJane G. P

Friday		
8:00 – 9:00 am	LPAC	Water Workout: AdvancedPatti Z. P
9:00 – 10:00 am	EAC	Aqua ZumbaRobin G. P
9:00 – 10:00 am	LPAC	Water Workout: MovementSteve W. P
9:30 – 10:30 am	LPAC	Pre/Postnatal Studio Strength . . . Dahlia F. 1
11:00 – 12:00 pm	LVAC	Water Workout: MovementPenny S. P

TIME	CLUB / CLASS	INSTRUCTOR / ROOM
Saturday		
8:15 – 9:15 am	LSAC	Water Workout: Cross TrainingMeg M. P
10:00 – 11:00 am	EAC	Water Workout: Cross Training . . .Robin G. P
10:00 – 11:00 am	LVAC	Aqua BarreAlisa G. P
10:00 – 11:00 am	LPAC	Water Workout: Cross Training . . Carlye W. P

Sunday		
8:30 – 9:45 am	LPAC	Prenatal YogaLiz V. 1
9:00 – 10:00 am	LPAC	Water Workout: Cross Training Fran B. P
9:30 – 10:30 am	EAC	Water Workout: MovementRobin G. P
11:00 – 12:00 pm	LSAC	Water Workout: AthleticChristina B. P
11:00 – 12:00 pm	LVAC	Water Workout: AthleticSarah R. P

1 = Studio 1

2 = Studio 2

P = Pool