



Individual Orientations and Fitness Assessments will be done by appointment only.
Please call Sheri at 919-419-4017.

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>7:30-8:30</u> Supervised Training (All) Sheri		<u>7:30-8:15</u> Supervised Training (All) Sheri
<u>8:00-8:45</u> Hydro Blast (L3)-Pool Net	<u>8:00-8:45</u> Hydro Blast (L3)-Pool Sheri	<u>8:00-8:45</u> Hydro Circuit (L3)- Pool Net	<u>8:00-8:45</u> Hydro Blast (L3)-Pool Sheri	
			<u>9:00-9:45</u> Aqua Yoga (L2,L3)-Pool Alana	<u>8:45-9:30</u> Cardio/Strength Circuit (L3)-GES Sheri
<u>9:00-9:25</u> Cardio Conditioning (L3)-GES Sheri	<u>9:00-9:25</u> Cardio Conditioning (L3)-GES Julia	<u>9:00-9:25</u> Cardio Conditioning (L3)-GES Sheri	<u>9:00-9:25</u> Cardio Conditioning (L3)-GES Julia	
<u>9:30-10:00</u> Strength Conditioning Free Weights & Bands (L3)-GES Sheri	<u>9:30-10:00</u> Strength Conditioning Free Weights & Bands (L3)-GES Julia	<u>9:30-10:00</u> Strength Conditioning Free Weights & Bands (L3)-GES Sheri	<u>9:30-10:00</u> Strength Conditioning Free Weights & Bands (L3)-GES Julia	<u>9:30-10:30</u> Yoga (L3)- GES Cheryl
		<u>10:00-11:00</u> Yoga (L3)- GES Cheryl	<u>10:00-10:30</u> Functional Fitness (L2)-GES Sheri	
<u>10:30-11:00</u> Balance Basics (L2,L3)-GES Sheri	<u>10:30-11:00</u> Functional Fitness (L2)-GES Sheri	<u>11:15-12:00</u> Yoga (L2)-GES Cheryl	<u>10:30-11:00</u> Balance Basics (L2,L3)-GES Sheri	<u>10:30-11:15</u> Yoga (L2)-GES Cheryl
<u>11:30-12:00</u> Functional Fitness (L1)-Ritz Jane	<u>11:30-12:00</u> Functional Fitness (L1)- Ritz Sheri	<u>11:30-12:00</u> Functional Fitness (L1)- Ritz Sheri	<u>10:15-10:45</u> Functional Fitness (L1)- Ritz Alana	<u>11:30-12:00</u> Yoga (L1)- Ritz Sheri
<u>11:30-12:00</u> Meditation Circle (All)-GES Larry & Sheri			<u>11:30-12:00</u> Meditation Circle (All)-GES Sheri	<u>11:30-12:00</u> Meditation Circle (All)-GES Larry
<u>1:00-1:45</u> Tai Chi (L2-L3) GES Nina	<u>1:30-2:15</u> Therapeutic Aquatics (ALL) Pool Carol		<u>1:30-2:15</u> Therapeutic Aquatics (ALL) Pool Carol	
<u>2:00-4:00</u> Supervised Training (All) Sheri			<u>2:00-4:00</u> Supervised Training (All) Sheri	