

Open Every Day of the Year
from 5am - 10pm

Group Fitness @ M-Power Wellness Center

07/16/2019

IN THE POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	<u>AquaFit</u> 8-8:50am Rochelle	<u>AquaFit</u> 8-8:50am Rochelle	<u>AquaFit</u> 8-8:50am Rochelle	<u>AquaFit</u> 8-8:50am Rochelle	<u>AquaFit</u> 8-8:50am Rochelle	
9:00	<u>Gentle Stretch</u> 9:30-10:20 Diane		<u>Gentle Stretch</u> 9:30-10:20 Diane		<u>Gentle Stretch</u> 9:30-10:20 Diane	<u>AquaFit</u> 9-9:50am Deb
10:00		<u>AquaArthritis</u> 10:30-11:20 Dawn		<u>AquaArthritis</u> 10:30-11:20 Dawn		
11:00	<u>Strength, Balance, Endurance</u> 11-11:50am Sue		<u>Strength, Balance, Endurance</u> 11-11:50am Sue		<u>Strength, Balance, Endurance</u> 11-11:50am Sue	
12:00						
1:00		POOL CLOSED 1-3 PM				
2:00						
3:00						
4:00	<u>Aqua BootCamp</u> 3:45-4:30pm Nicole		<u>Aqua BootCamp</u> 3:45-4:30pm Rochelle			
5:00		<u>HIIT the Water</u> 5:10-5:40 Rochelle		<u>HIIT the Water</u> 5:10-5:40 Rochelle		
6:00						
7:00	<u>AquaFit</u> 7-7:50pm Deb		<u>AquaFit</u> 7-7:50pm Deb			



M-POWER
WELLNESS CENTER

Open Every Day of the Year
from 5am - 10pm

Group Fitness @ M-Power Wellness Center

07/16/2019

ON THE LAND

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		<u>Yoga - Renewal</u> 7-7:50am Claire		<u>Yoga - Renewal</u> 7-7:50am Claire		
8:00						
9:00		<u>SilverSneakers - Studio</u> 9-10am - Sue	<u>SilverSneakers - Studio</u> 9-10am - Angie	<u>SilverSneakers - Studio</u> 9-10am - Sue		
10:00						
11:00	<u>Tai Chi 1 - Renewal</u> 11-11:50 Karen		<u>Tai Chi 2 - Renewal</u> 11-11:50 Karen		<u>SilverSneakers - Studio</u> 11-11:50 Sherrie	
12:00	<u>Chair Yoga - Renewal</u> 12-12:50 Karen	<u>Yoga - Renewal</u> 12-12:50 Teresa	<u>Chair Yoga - Renewal</u> 12-12:50 Karen	<u>Yoga - Renewal</u> 12-12:50 Teresa		
1:00	<u>New Moves - Studio</u> 1:30-2 Nicole				<u>New Moves - Studio</u> 1:30-2 Nicole	
2:00						
3:00						
4:00		<u>Circuits - Studio</u> 4:30-5pm Rochelle		<u>Circuits - Studio</u> 4:30-5pm Rochelle		
5:00	<u>Yoga - Renewal</u> 5-5:50pm Noreen		<u>Yoga - Renewal</u> 5-5:50pm Teresa			

