


CLASS SCHEDULE

**Class Policy: Minimum class size must be three (3) participants by start of class or it will be not be held.*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>8:00-8:45am Deep Aquacise Location: Lap Pool Instructor: Logan COMMUNITY & RESIDENTS</p> | <p>8:30-9:15am Cardio Toning Location: Studio Instructor: Logan COMMUNITY</p> | <p>9:30-10:15am Movement For All Location: Studio Instructor: Logan RESIDENTS</p> | <p>8:00-8:45am Deep Aquacise Location: Lap Pool Instructor: Joan COMMUNITY & RESIDENTS</p> | <p>8:30-9:15am Cardio Toning Location: Studio Instructor: Logan COMMUNITY</p> |
| <p>9:30-10:15am Movement For All Location: Studio Instructor: Emily RESIDENTS</p> | <p>9:30-10:15am Movement For All Location: Studio Instructor: Joan RESIDENTS</p> | <p>11:00-11:45am Balance & Stretch Location: Studio Instructor: Joan RESIDENTS</p> | <p>9:30-10:15am Movement For All Location: Studio Instructor: Joan RESIDENTS</p> | <p>9:30-10:15am Mix it Up (Circuits and Mat) Location: Studio Instructor: Emily RESIDENTS</p> |
| <p>11:00-11:45am Balance Class Location: Studio Instructor: Logan RESIDENTS</p> | <p>11:00-11:45am Balance Location: Studio Instructor: Emily COMMUNITY</p> | <p>1:00-1:45pm Shallow Aquacise Location: Lap Pool Instructor: Emily COMMUNITY & RESIDENTS</p> | <p>10:00-10:45am Aqua Movement Location: WW Pool Instructor: Emily COMMUNITY & RESIDENTS</p> | <p>10:30-11:15am Balance Location: Studio Instructor: Logan RESIDENTS</p> |
| <p>2:00-2:45pm WW Aquacise Location: WW Pool Instructor: Joan COMMUNITY & RESIDENTS</p> | <p>11:00-11:45am Arthritis Location: WW Pool Instructor: Logan COMMUNITY & RESIDENTS</p> |  | <p>11:00-11:45am Movement For All (seated) Location: Studio Instructor: Joan RESIDENTS</p> | <p>12:00-12:45pm Gentle Yoga Location: Studio Instructor: Guta COMMUNITY & RESIDENTS</p> |
| | <p>12:00-12:45pm Chair Yoga Location: Studio Instructor: Guta COMMUNITY & RESIDENTS</p> | | | <p>1:00-1:45pm Aquacise Location: WW Pool Instructor: Joan COMMUNITY & RESIDENTS</p> |

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(608) 283-2036 | Hours: Monday – Friday: 5am-9pm, Saturday and Sunday: 6am-9pm