



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					
9:00am (BG)  Andrea	9:00am (MP) Fit N Flex Nancy	9:00am (BG)  Laura	9:00am (MP) Fit N Flex Nancy	9:00am (BG)  Andrea	
	10:00am (MP) Wave Makers Nancy		10:00am (MP) Wave Makers Nancy		
			10:00am (CR) Yoga Shawna		
	Starting Mar 16 10:15am (BG) Sitter-cize Holly		Starting Mar 16 10:15am (BG) Sitter-cize Holly		
2:30pm (AP) Joyful Joints Mona		2:30pm (AP) Joyful Joints Mona			
					
5:00pm (BG)  Jennifer		5:00pm (BG)  Jennifer			

BG = Back Gym CR = Cascade Room MP = Main Pool AP = Activity Pool

****Note: Schedule Subject to change.****

Reservations Required call Front Desk 360-423-4770 to reserve a spot.