



Class Schedule

All classes are subject to change depending on interest and availability.
 Call 940-687-4991 to schedule an appointment

Land

Class	M	T	W	Th	F
Gentle Yoga		8-8:45 am		8-8:45 am	8-8:45am
BASICS Yoga	12-12:30pm		12-12:30 pm		
Healthy Steps		11:00-12:00 pm		11:00-12:00 pm	
Strong & Stable	11-11:45 am		11-11:45 am		11-11:45 am
Tai Chi					12-12:45 pm

Water

Class	M	T	W	Th	F	S
Warm Water Wonders	12-12:45 pm 5:30-6:15 pm	5:30-6:15pm	12-12:45 pm 5:30-6:15pm	5:30-6:15pm	12-12:45 pm	
Aqua Power	2-2:45 pm	4-4:45 pm	2-2:45 pm		2-2:45 pm 4-4:45 pm	10-10:45 am
Aqua Energy	7-7:45 am 9-9:45 am	7-7:45 am 9-9:45 am	7-7:45 am	7-7:45 am 9-9:45 am	7-7:45 am	
Volleyball		5-5:45 pm			5-5:45 pm	
Aqua Cool No Instructor		2-3:00 pm		2-3:00 pm		

The Wellness Center offers private swimming lessons year round. Stop by the Wellness front desk or call us at 940-687-4991 to schedule.

SWIMMING LESSONS

- \$20 for a 30 min. lesson
- \$180 for 10 30 min. lessons
- \$35 for a 1 hr. lesson
- \$155 for 5 1 hr. lessons

