



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	
Tai Chi					12-12:45 pm
Strong & Stable	11-11:45 am		11-11:45 am		11-11:45 am

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 9-9:45 am	7-7:45 am 9-9:45 am	7-7:45 am	
Volleyball		5-5:45 pm			5-5:45 pm	

Group Swimming Lessons

The wellness center will be offering weekly group lessons during the month of June only. Please ask the wellness front desk for more details.

