



Class Schedule

Effective July 5, 2023



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

Land

Water

Class	M	T	W	Th	F	Class	M	T	W	Th	F	S
Gentle Yoga				8-8:45am		Warm Water Wonders	12-12:45 pm 5:30-6:15pm	5:30-6:15pm	12-12:45 pm	12-12:45 pm 5:30-6:15pm	12-12:45 pm	
BASIC Yoga			12-12:30 pm									
Strong & Stable	11-11:45 am		11-11:45 am		11-11:45 am	Aqua Energy	7-7:45 am	7-7:45 am 9-9:45 am	7-7:45 am	7-7:45 am 9-9:45 am		



The Wellness Center will be closed Monday, July 3rd & Tuesday, July 4th.

Updated Therapy Pool Hours for Wellness Members

Monday	5:30am - 8:00am	12:00pm-7:00pm	
Tuesday	5:30am - 8:00am	12:00pm-7:00pm	
Wednesday	5:30am - 8:00am	12:00pm-7:00pm	
Thursday	5:30am - 8:00am	12:00pm-7:00pm	
Friday	5:30am - 8:00am	12:00pm - 1:00pm	5:00pm-7:00pm
Saturday	7:00am-1:00pm		

PLEASE BE MINDFUL OF THERAPY AND KEEP NOISE TO A MINIMUM