



# Class Schedule

Effective October 1, 2023



\*All classes are subject to change depending on interest and availability.\*

## Land



## Water

Class	M	T	W	Th	F
Gentle Yoga		8-8:45am*		8-8:45am*	
BASIC Yoga			12-12:30 pm*		
Weight Training	10-10:45 am		10-10:45 am		10-10:45 am
Strong & Stable	11-11:45 am		11-11:45 am		11-11:45 am

Class	M	T	W	Th	F	S
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*	
Aqua Energy	7-7:45 am* 8-8:45 am	7-7:45 am* 9-9:45 am	7-7:45 am* 8-8:45 am	7-7:45 am* 9-9:45 am		

\*Members will now need to pre-register for some classes. If you would like to attend Yoga, Warm Water Wonders, or the 7:00 am Aqua Energy classes, (the ones that have a ' \* ' ) please stop by the front desk or call 940-687-4991 and we can sign you up. Each class will have a 5 person minimum and will not have an instructor for that day if the minimum is not met. You must register by 5pm the day before the class so we are able to give our instructors time to prepare. You can call the front desk after 5pm to see if the minimum has been met and the class will be held. We are working on an online sign up and will let you know when that is working. Thank you.

### 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\*