



# Class Schedule

Effective April 1, 2024



\*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
Gentle Yoga				8-8:45am	
BASIC Yoga			12:15-1:00 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 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		

### 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\*

