

Programs and Classes

August 2017

★NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:15AM-7:00AM Paddle Board Yoga Brittnie	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Sara H.		
	10:00AM-10:45AM Silver Sneakers® Kelsey	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Katie	10:30AM-11:00AM New Tricks Brielle
11:00AM-11:30AM Core Challenge Brielle	10:45AM-11:15AM Core Tabata Brielle	10:00AM-11:00AM Corrective Exercises Rene	11:00AM-11:45AM Stretching 101 Brandon	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
11:45AM-12:30PM Intro to Weights Sara H.	11:30-12:00PM KrankFusion™	11:00AM-11:30AM Core Challenge Brandon	11:00AM-12:00PM Climbing Katie	12:15PM-1:00PM Joints in Motion Sarah O.
12:45PM-1:30PM Taquata Nick B.	12:15PM-1:00PM Ai Chi Maureen	11:45AM-12:30PM Intro to Weights Brandon	12:00PM-12:30PM KrankFusion™	
	1:30PM-2:30PM Rowing	★ 12:45PM-1:30PM BioExercise Donna Lewen	12:45PM-1:30PM H2O Circuit Training Nick B.	
	4:30PM-7PM Get Hooked Up	2:30PM-3:15PM Ageless Spirit 8/2 & 8/9 Only		
4:30PM-7PM Get Hooked Up	4:45PM-5:30PM PIT (Peak Intensity Training) Kelli K.	4:30PM-7PM Get Hooked Up	4:30PM-7PM Get Hooked Up	
4:45PM-5:15PM KrankFusion™ Brielle	5:30PM-6:30PM Ultimate Disc Carissa	4:45PM-5:30PM Zumba® Patrick	4:45pm-5:30PM PIT (Peak Intensity Training) Kelli K.	5:00PM-6:00PM Zumba® Patrick
5:30PM-6:30PM Kids Corner Maggie	5:30PM-6:30PM Kids Corner Katie	5:30PM-6:30PM Kids Corner Kelsey	5:30PM-6:30PM Kids Corner Sara H.	
5:30PM-6:30PM Boot Camp Brielle	5:30PM-6:30PM Yoga Carolyn	5:30PM-6:30PM Boot Camp Brandon	5:30PM-6:30PM Yoga Carolyn	
	5:30PM-6:30PM TLC Brandon	6:30PM-7:30PM Climbing Kelsey		
6:30PM-7:30PM Tai Chi Lynette	6:30PM-7:30PM Climbing Sara H.	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts Lauren	Saturday
				9:30AM-10:15AM KrankFusion™
				12:30PM-1:30PM Climbing Brandon

Krank Fusion™, Kids Corner, Paddle board Yoga, and Wheelchair Tennis Sign Up Required

(Sign up at ability360.org under calendars, call the front desk at 602-386-4566, stop by the front desk, or **download our new app**)

<p>★ Did you know? We have new pool hours and a new aquatic class. Check it out TODAY!</p>	<p>August Class Cancellations</p> <p>Paddleboard cancelled 8/7 Climbing cancelled 8/15 Yoga cancelled 8/15, 8/17 Ultimate Disc cancelled 8/15 Krank cancelled 8/12, 8/19 BioExercise cancelled 8/16, 8/23</p>	<p>Facility Hours: 6:00am-8:30pm M-F 8am-4pm Saturdays Closed Sundays</p> <p>★ Pool Hours: M&F 7A-7P T,W,Th 6:30am-7pm Saturday 8am-3pm</p>
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