

Programs and Classes

August 2018

★NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Tesslyn		
	10:00AM-10:45AM Silver Sneakers® Kelsey	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Katie	10:00AM-10:30AM Resistance 30 Adrienne
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	10:30AM-11:00AM New Tricks Brielle
11:45AM-12:30PM Intro to Weights Nick P.	11:30-12:00PM KrankFusion™	11:00AM-11:30AM Core Challenge Brandon	11:00AM-12:00PM Climbing	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
taquata 12:45-1:30PM	Aqua Kriya Yoga 10:30-11:30 Maureen	Wheelchair Tennis 11:00AM-12:00PM	12:00PM-12:30PM KrankFusion™	12:15-1:00PM Gentle Aquaticse
	1:30PM-2:30PM Rowing	11:45AM-12:30PM Intro to Weights Brandon	12:45PM-1:30PM H2O Circuit Nick P.	
	4:30PM-7PM Get Hooked Up	12:45PM-1:30PM Aqua Bio Fitness Donna		
4:30PM-7PM Get Hooked Up		4:30PM-7PM Get Hooked Up	4:30PM-7PM Get Hooked Up	
4:45PM-5:15PM KrankFusion™ Brielle				
5:30PM-6:30PM Kids Corner Tesslyn	5:30PM-6:30PM Kids Corner Katie	5:30PM-6:30PM Kids Corner Kelsey	5:30PM-6:30PM Kids Corner Alison	
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	
6:30PM-7:30PM Tai Chi Lynette	5:30PM-6:30PM TLC Brandon	6:30PM-7:30PM Climbing		
	6:30PM-7:30PM Climbing Katie	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts	Saturdays
		6:45pm-7:45pm Yoga Barb		9:30AM-10:15AM KrankFusion™
				12:30PM-1:30PM Climbing

Krank Fusion™ and Kids Corner 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 smart phone APP**)

★ Did you know? August 15th National Relaxation Day! 8-8:30am Meditation 12-12:30pm Relaxation 4-4:30pm Ai Chi-Pool	August Class Cancellations Rowing cancelled 8/1 Martial Arts cancelled 8/16 Krank cancelled 8/18 Yoga cancelled 8/21 Climbing cancelled 8/4, 8/25 8/31-Pool closing at 6pm and facility at 6:30pm, closed 9/1-9/3		Facility Hours: 6:00am-8:30pm M-F 8am-4pm Saturdays Closed Sundays
			Pool Hours: M-F 6:30am-7:30pm Saturdays 8am-3pm

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SPORTS & FITNESS CENTER