

Pre/Postnatal Classes

Effective July 1, 2017

DAY / TIME CLUB / CLASS INSTRUCTOR / ROOM

MON 9:15 – 10:15 am **EAC** Water Workout: Cross Training . . .Debbie F. **P**
 MON 10:00 – 11:00 am **LPAC** Water Workout: Movement Seth H. **P**
 MON 12:00 – 1:00 pm **LSAC** Water Workout: HIIT Brady B. **P**
 MON 5:45 – 6:45 pm **LSAC** Aqua Yoga Kraig F. **P**
 MON 6:00 – 7:00 pm **EAC** Water Workout: Movement Robin G. **P**
 MON 6:30 – 7:30 pm **LPAC** Water Workout: Cross Training Meg M. **P**
 MON 6:30 – 7:30 pm **LVAC** Water Workout: Cross Training Lisa H. **P**

TUES 9:00 – 10:00 am **LPAC** Pre/Postnatal Studio Strength Karli G. **1**
 TUES 9:30 – 10:30 am **EAC** Water Workout: Movement Steve W. **P**
 TUES 10:00 – 11:00 am **LPAC** Water Workout: Cross Training . . . Carlye W. **P**
 TUES 10:15 – 11:15 am **LVAC** Water Workout: Cross Training . . . Penny S. **P**
 TUES 12:00 – 1:00 pm **WAC** Water Workout: Cross Training . . Stephanie B.J. **P**
 TUES 6:00 – 6:45 pm **LVAC** Water Workout: HIIT Brady B. **P**

WED 10:00 – 11:00 am **LPAC** Water Workout: Cross Training Lisa H. **P**
 WED 10:30 – 11:15 am **WAC** Baby & Me Yoga Lisa S. **2**
 WED 11:00 – 12:00 am **LVAC** Aqua Yoga Kraig F. **P**
 WED 12:00 – 1:00 pm **LSAC** Water Workout: Cross Training Lisa H. **P**
 WED 6:00 – 7:00 pm **LSAC** Water Workout: Cross Training Lisa H. **P**
 WED 6:00 – 7:00 pm **EAC** Water Workout: Movement Robin G. **P**
 WED 7:00 – 8:00 pm **WAC** Water Workout: Cross Training . . . Carlye W. **P**

THUR 9:00 – 10:00 am **BAC** Pre/Postnatal Studio Strength Lisa P. **2**
 THUR 9:30 – 10:30 am **EAC** Aqua Zumba Suzy C. **P**
 THUR 10:00 – 11:00 am **LPAC** Baby & Me Yoga Terri T. **P**
 THUR 10:00 – 11:00 am **LPAC** Water Workout: Cross Training . . . Penny S. **1**
 THUR 11:00 – 11:45 am **LPAC** Yo Toddler Terri T. **1**
 THUR 12:00 – 1:00 pm **WAC** Water Workout: HIIT Stephanie B.J. **P**
 THUR 5:30 – 6:15 pm **LSAC** Water Workout: HIIT Brady B. **P**
 THUR 6:45 – 7:30 pm **LSAC** Pre/Postnatal Studio Strength Kraig F. **2**
 THUR 7:00 – 7:45 pm **LVAC** Water Workout: Cross Training Jane G. **P**

FRI 8:00 – 9:00 am **LPAC** Water Workout: Advanced Mary L. **P**
 FRI 9:00 – 10:00 am **EAC** Aqua Zumba Robin G. **P**
 FRI 9:00 – 10:00 am **LPAC** Water Workout: Movement Steve W. **P**
 FRI 9:30 – 10:30 am **LPAC** Pre/Postnatal Studio Strength Dahlia F. **1**
 FRI 11:00 – 12:00 pm **LVAC** Water Workout: Movement Penny S. **P**

DAY / TIME CLUB / CLASS INSTRUCTOR / ROOM

SAT 7:30 – 8:30 am **LPAC** Prenatal Yoga Liz V. **1**
 SAT 8:15 – 9:15 am **LSAC** Water Workout: Cross Training Meg M. **P**
 SAT 8:30 – 9:30 am **LVAC** Water Workout: HIIT Brady B. **P**
 SAT 10:00 – 11:00 am **EAC** Water Workout: Cross Training Robin G. **P**
 SAT 10:00 – 11:00 am **LPAC** Water Workout: Cross Training Carlye W. **P**

SUN 8:30 – 9:45 am **LPAC** Prenatal Yoga Liz V. **1**
 SUN 9:00 – 10:00 am **LPAC** Water Workout: Cross Training Brady B. **P**
 SUN 9:30 – 10:30 am **EAC** Water Workout: Movement Robin G. **P**
 SUN 11:00 – 12:00 pm **LSAC** Water Workout: HIIT Amy C. **P**
 SUN 11:00 – 12:00 pm **LVAC** Water Workout: HIIT Sarah R. **P**

1 = Studio 1

2 = Studio 2

3 = Studio 3

P = Pool