

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|---|
| MORNING | MORNING | MORNING | MORNING | MORNING | MORNING | MORNING |
| 9:00 AM - 9:45 AM CROSS TRAINING WITH JADA AT MT. BATTEN ROOM | 7:00 AM - 7:30 AM STRENGTH WITH KORTTNEY AT FITNESS CENTER | 9:00 AM - 9:45 AM CROSS TRAINING WITH JADA AT MT. BATTEN ROOM | 7:00 AM - 7:30 AM STRENGTH WITH KORTTNEY AT FITNESS CENTER | 9:00 AM - 9:45 AM CROSS TRAINING WITH JADA AT MT. BATTEN ROOM | 10:00 AM - 10:45 AM YOGA & PILATES WITH ALICIA AT MT. BATTEN ROOM | |
| | 8:00 AM - 8:45 AM AQUA WITH COLLEEN AT GOLF CLUB POOL | | 8:00 AM - 8:45 AM AQUA WITH COLLEEN AT GOLF CLUB POOL | | | |
| 10:00 AM - 10:45 AM STRENGTH WITH JADA AT FITNESS CENTER | 9:00 AM - 9:45 AM YOGA WITH COLLEEN AT MT. BATTEN ROOM | 10:00 AM - 10:45 AM STRENGTH WITH JADA AT FITNESS CENTER | 9:00 AM - 9:45 AM YOGA WITH COLLEEN AT MT. BATTEN ROOM | 10:00 AM - 10:45 AM STRENGTH WITH JADA AT FITNESS CENTER | 11:00 AM - 11:45 AM AQUA WITH ALICIA AT GOLF CLUB POOL | |
| 11:00 AM - 11:45 AM AQUA WITH JADA AT GOLF CLUB POOL | 10:00 AM - 10:45 AM CHAIR YOGA WITH COLLEEN AT MT. BATTEN ROOM | 11:00 AM - 11:45 AM AQUA WITH ALICIA AT GOLF CLUB POOL | 10:00 AM - 10:45 AM CHAIR YOGA WITH COLLEEN AT MT. BATTEN ROOM | 11:00 AM - 11:45 AM AQUA WITH JADA AT GOLF CLUB POOL | | |
| | | 1:30 PM - 2:15 PM LINE DANCING WITH JADA AT GRAND SALON | | | | |
| EVENING | EVENING | EVENING | EVENING | EVENING | EVENING | EVENING |
| 6:00 PM - 6:45 PM CROSS TRAINING WITH JADA AT MT. BATTEN ROOM | 5:30 PM - 6:15 PM YOGA & PILATES WITH JADA AT MT. BATTEN ROOM | 6:00 PM - 6:45 PM CROSS TRAINING WITH JADA AT FITNESS CENTER | 5:30 PM - 6:15 PM YOGA & PILATES WITH JADA AT MT. BATTEN ROOM | 6:00 PM - 6:45 PM CROSS TRAINING WITH JADA AT FITNESS CENTER | | 3:00 PM - 3:45 PM HYDRO BARRE WITH TRACY AT GOLF CLUB POOL |
| 6:45 PM - 7:30 PM STRETCH AND BALANCE WITH JADA AT MT. BATTEN ROOM | 6:30 PM - 7:15 PM WATER VOLLEYBALL WITH JADA AT GOLF CLUB POOL | | 6:30 PM - 7:15 PM WATER VOLLEYBALL WITH JADA AT GOLF CLUB POOL | | | |

RESERVATIONS APPRECIATED. THE LOCATION OF CLASSES VARIES. CALL 205-343-4516