

The Fitness and Aquatics Center

Class Schedule

Aerobics Classes

Monday

5:45 AM Circuit - Bernie Munn
7:00 AM Stretch & Tone - Bernie Munn
8:00 AM Step - Bernie Munn
9:15 AM Yoga - Laura Beken
5:45 PM Yoga (Hatha) - Claire Fricker
7:00 PM Ball Pilates - Class is being changed

Tuesday

7:30 AM Tone Cardio - Cynthia Miller
9:15 AM Pilates - Laura Beken
5:30 PM Body Blaster - Cynthia Miller

Wednesday

5:45 AM Circuit - Bernie Munn
7:00 AM Stretch & Tone - Bernie Munn
8:00 AM Step - Bernie Munn
9:15 AM Yoga - Laura Beken
5:45 PM Yoga (beginner Hatha)-Claire Fricker
7:00 PM Ball Pilates - Terri Wedeking

Thursday

7:30 AM Tone Cardio - Cynthia Miller
9:15 AM Pilates - Laura Beken
5:30 PM Body Blaster - Cynthia Miller

Friday

5:45 AM Circuit - Bernie Munn
8:00 AM Step - Bernie Munn
9:15 AM Yoga - Laura Beken

Aquatics Classes

Monday

7:15 AM Water Aerobics - Helena Isbell
8:30 AM Senior Splash - Shirly Harper
10:30AM Arthritis Class - Marilyn Slack
6:00 PM Water Aerobics - Helena Isbell

NEW 7-8:30 PM Water Volleyball-Open to all NEW

Subject to change

Tuesday

9:00 AM Water Aerobics - Helena Isbell
6:00 PM Water Aerobics - Terri Wedeking

Wednesday

7:15 AM Water Aerobics - Bunny Horakh
8:30 AM Senior Splash - Shirley Harper
10:30AM Arthritis Class - Terri Wedeking
6:00 PM Water Aerobics - Berta Mowery

Thursday

9:00 AM Water Aerobics - Helena Isbell
6:00 PM Water Aerobics - Berta Mowery

Friday

7:15 AM Water Aerobics - Bunny Horakh
8:30 AM Senior Splash - Bunny Horakh
10:30AM Arthritis Class - Marilyn Slack

Saturday

8:00 AM Water Aerobics - Shirly Harper

(760)489-5550 xt 309

Hours of Operation:

Monday - Thursday 5:00 am - 10:00 pm

Friday 5:00 am - 9:00 pm

Saturday 7:00 am - 7:00 pm

Sunday 7:00 am - 5:00 pm