

2017 BMWC Fitness/Aquatics Class Schedule

Classes start JANUARY 30TH

Monday		Tuesday		Wednesday		Thursday		Friday	
Fitness	Aquatics	Fitness	Aquatics	Fitness	Aquatics	Fitness	Aquatics	Fitness	Aquatics
TRX 6:00-6:30a	Arthritis Class 8:20-9:00a (TP)	Zumba 5:35-6:30a	Adult Swim 6:00-7:00a	TRX 6:00-6:30a	Adult Swim 6:30-8:30a	Zumba 5:35-6:30a	SUP Skills/Yoga 7:00-8:00a		Arthritis Class 8:20-9:00a (TP)
	Aqua Fitness 8:30-9:30a	Muscle Fusion 6:30-7:30a	SUP 101 7:00-8:00a		Aqua Fitness 8:30-9:30a	Muscle Fusion 6:30-7:30a	Arthritis Class 8:20-9:00a (TP)		Aqua Challenge 8:30-9:30a
Get Up and Go (please inquire) 9:00-10:00a	Aqua Challenge 9:30-10:30a		Arthritis Class 8:20-9:00a (TP)	Get Up and Go (please inquire) 9:00-10:00a	Healthy H2O 10:00-11:00a (TP)		Aqua Fitness 8:30-9:30a	Get Up and Go (please inquire) 9:00-10:00a	
	TP Open 10:00-10:30a		Aqua Fitness 8:30-9:30a				TP Open 10:30-11:00a		
			TP Open 10:30-11:00a						
TRX 12:00-12:30p		Yoga 10:00-11:30a	Water for Lunch 12:00-1:00p	Yoga 11:00-12:15p		Yoga 10:00-11:30a	SUP 10:30-11:00a		Zumba 12:15-1:15p
Zumba 12:15-1:15p	TP Open 2:00-3:00p	Meditation 11:30-12:00p		TRX 12:00-12:30p	Adult Swim 12:00-1:00p	Meditation 11:30-12:00p	Water for Lunch 12:00-1:00p		TP Open 2:00-3:00p
		Muscle Fusion 12:15-1:15p	TP Open 2:00-2:45p	Zumba Toning 12:15-1:15p		Muscle Fusion 12:15-1:15p			
		Boot Camp 4:15-5:00p					TP Open 2:00-2:45p		
Free 2 Move 5:15-6:00pm		Indoor Cycling 5:15-6:15p		Free 2 Move 5:15-6:00pm		Boot Camp 4:15-5:00p			
Zumba 5:15-6:15p	Aqua Challenge 4:30-5:15p	Begin Yoga 5:00-6:30p		Begin Yoga 5:30-6:30p	Youth Swim Class 3:00-4:00p	Begin Yoga 5:00-6:30p			
		PowWow Sweat 6:30-7:30p		Zumba 5:15-6:00p	SUP Skills/Yoga 4:45-5:30p	PowWow Sweat 5:15-6:15p			

Classes Subject to Change

Weight Room

Mezzanine

Aerobics Rm

Gym

Main Pool

Therapy Pool