**Pay-as-You-Go August 2018**

**Resident: $3.00 per class**

**Nonresident: $3.50 per class**

**Mon 8/13**

10:30am Water Aerobics (Kathy)

12:00 pm Slide (Selena)

4:45pm Chair Aerobics (Tricia)

5:45pm Core & Strength^^ (Tricia)

6:45 Water Aerobics\*\*(Tricia)

7:00 Zumba make up class (Maria)

7:30pm Deep Water\*\*(Tricia)

**Wed. 8/15**

10:30am Aqua Fitness (Martha)

**Thurs 8/16**

Make up for cancelled classes (Kathy, Tricia & Selena)

**Friday, 8/17**

10:30am Water Exercise on your Own

**Mon. 8/20**

12:00 pm Slide (Selena)

4:45pm Chair Aerobics (Tricia)

5:45pm Core & Strength ^^ (Tricia)

6:45 Water Aerobics\*\* (Tricia)

7:30pm Deep Water\*\* (Tricia)

**Tues. 8/21**

3:45pm Beginner Strength ^^(Tricia)

4:45pm Water Aerobics (Tricia)

5:30pm Water Toning (Tricia)

6:15pm Deep Water (Tricia)

**Wed. 8/22**

10am Aqua Fitness (Martha)

**Thur. 8/23**

6:30pm Slide (Selena)

**Fri. 8/24**

10:30am Aqua Fitness (Martha)

**Mon. 8/27**

12:00pm Slide (Selena)

**Wed. 8/29**

10:30am Aqua Fitness (Martha**)**

**Thurs. 8/30**

4:45pm Chair/Beginner Aerobics (Tricia)

5:45pm Water Walking (Tricia)

6:30pm Slide (Selena)

6:30pm Water Aerobics (Tricia)

7:15pm Deep Water (Tricia)

**Fri. 8/31**

10:30am Water Exercise on your Own

**Tues. 9/4**

3:45pm Beginner Strength ^^ (Tricia)

4:45pm Water Aerobics\*\* (Tricia)

5:30pm Water Toning\*\* (Tricia)

6:15pm Deep Water\*\* (Tricia)

**Thurs. 9/6**

4:45pm Chair Aerobics (Tricia)

5:45pm Water Toning (Tricia)

6:30pm Slide (Selena)

6:30pm Water Aerobics (Tricia)

7:15pm Deep Water (Tricia)

**(\*\*) Indicates water class will be held outside weather permitting.**

**(^^) Gym class participants should bring their own hand weights**