**Codes for Summer Session July 6 – August 21 (7 weeks)**

**RESEDENT $15.75 NONRESIDENT $19.25**

**AM Water Classes:** Class Name Instructor Limit OFF DAYS

Monday 10:30 Water Aerobics Kathy 12

Wednesday 10:30 Aqua Fitness Martha 12

Thursday 10:30 Water Aerobics Kathy 12

Friday 10:30 Aqua Fitness Martha 12 7/31

**AM Gym Classes:**

Monday 12:00 Chair Exercise Martha 15

Thursday 12:00 Chair Exercise Martha 15

**PM Water Classes:**

Monday 5:00 Water Aerobics Tricia 12 7/27

Monday 5:45 Toning Tricia 12 7/27

Monday 6:30 Deep Water Tricia 10 7/27

Tuesday 4:30 Toning Tricia 12

Tuesday 6:45 Water Aerobics Tricia 12

Thursday 5:15 Toning Tricia 12

Thursday 6:00 Water Aerobics Tricia 12

Thursday 6:45 Toning Tricia 12

**PM Gym Classes:**

Monday 4:00 Chair Exercise Tricia 12 7/27

Tuesday 5:45 Core & Strength Tricia 12

Thursday 4:00 Chair Exercise Tricia 12

**Salina/Maria/Lisa:**

Tuesday 12:00-1:30 Slides (Salina) Salina

Thursday 6:30-8:00 Slides (Salina) Salinia

Monday 6:00-7:00 Zumba/Core w/ball Maria