














# Group Fitness Schedule

updated 2/1/17

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Hydro-Fit</b> 8:00am - 8:50am pool	 <b>Hydro-Fit</b> 8:00am - 8:50am pool	 <b>Hydro-Fit</b> 8:00am - 8:50am pool	 <b>Hydro-Fit</b> 8:00am - 8:50am pool	 <b>Hydro-Fit</b> 8:00am - 8:50am pool
 <b>Water Works</b> 9:15am - 10:00am pool	<b>Inter-Well</b> 9:15am - 10:15am classroom	<b>Zumba Gold</b> 9:00am - 10:00am classroom	<b>Inter-Well</b> 9:15am - 10:15am classroom	<b>Zumba Gold</b> 9:00am - 10:00am classroom
<b>Functional Strength</b> 10:00am - 10:50am classroom	<b>Piloga</b> 10:15am - 11:00am classroom	 <b>Water Works</b> 9:15am - 10:00am pool	<b>Piloga</b> 10:15am - 11:00am classroom	 <b>Water Works</b> 9:15am - 10:00am pool
 <b>Hydro-Blast</b> 10:05am - 10:55am pool	<b>Practical Balance</b> 11:00am - 11:45am classroom	<b>Functional Strength</b> 10:00am - 10:50am classroom	<b>Practical Balance</b> 11:00am - 11:45am Classroom	<b>Functional Strength</b> 10:00am - 10:50am classroom
<b>Joint Fitness</b> 11:00am - 11:45am classroom	 <b>Hydro-Blast</b> 4:00pm - 4:50pm pool	 <b>Hydro-Blast</b> 10:05am - 10:55am pool	 <b>Hydro-Blast</b> 4:00pm - 4:50pm pool	 <b>Hydro-Blast</b> 10:05am - 10:55am pool
		<b>Joint Fitness</b> 11:00am - 11:45am classroom		<b>Joint Fitness</b> 11:00am - 11:45am classroom



**Phone**

910-566-1200

**Fax**

910-319-2101

**Hours of Operation**

Monday - Friday

7:00am - 7:00pm

Saturday - Sunday

8:00am - 4:00pm