














Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>**Please bring water bottle and towel for the Indoor Cycling classes **Please arrive early enough to set up your own bike for class</p>					<p>1</p> <p>8:00am – Deep H2O 8:00am – Aquacize 11:00am- 1:00pm – Pickle Ball</p>	<p>2</p> 
<p>3</p> <p>2:30-4:30pm – Pickle Ball</p> 	<p>4</p> <p>NO CLASSES – LABOR DAY</p> 	<p>5</p> <p>8:30am – Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>6</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am - Yoga 8:30am – Zumba 11:00am- 1:00pm – Pickle Ball</p>	<p>7</p> <p>8:30am –Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>8</p> <p>8:00am – Deep H2O 8:00am – Aquacize 11:00am- 1:00pm – Pickle Ball</p>	<p>9</p> 
<p>10</p> <p>2:30-4:30pm – Pickle Ball</p> 	<p>11</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am- Yoga 8:30am – Zumba 11:00am-1:00pm – Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>12</p> <p>8:30am –Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling - Keli</p>	<p>13</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am - Yoga 8:30am – Zumba 11:00am- 1:00pm – Pickle Ball</p>	<p>14</p> <p>8:30am –Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling - Keli</p>	<p>15</p> <p>8:00am – Deep H2O 8:00am – Aquacize 11:00am- 1:00pm – Pickle Ball</p>	<p>16</p> 
<p>17</p> <p>2:30-4:30pm – Pickle Ball</p> 	<p>18</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am- Yoga 8:30am – Zumba 11:00am-1:00pm – Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>19</p> <p>8:30am –Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling- Keli</p>	<p>20</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am - Yoga 8:30am – Zumba 11:00am- 1:00pm – Pickle Ball</p>	<p>21</p> <p>8:30am – Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- Indoor Cycling - Keli</p>	<p>22</p> <p>8:00am – Deep H2O 8:00am – Aquacize 11:00am- 1:00pm – Pickle Ball</p>	<p>23</p> 
<p>24</p> <p>2:30-4:30pm – Pickle Ball</p> 	<p>25</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am- Yoga 8:30am – Zumba 11:00am-1:00pm – Pickle Ball 1:15pm- Aquacize/Deep H2O</p>	<p>26</p> <p>8:30am –Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- No Indoor Cycling</p>	<p>27</p> <p>8:00am- Deep H2O 8:00am – Aquacize 8:00am - Yoga 8:30am – Zumba 11:00am- 1:00pm – Pickle Ball</p>	<p>28</p> <p>8:30am – Zumba 8:30am – Yoga 1:15pm – Deep H2O 1:15pm – Aquacize 5:00- 7:00pm – Pickle Ball 7:00pm- NO Indoor Cycling</p>	<p>29</p> <p>8:00am – Deep H2O 8:00am – Aquacize 11:00am- 1:00pm – Pickle Ball</p>	<p>30</p> <p>**Yoga Classes will be held in the downstairs classroom. Please provide your own Yoga mat and towel</p>

*****Renovations are set to begin in the Gregory Health and Wellness Center at any time now. We will post signs as to specific dates once we know more.*****