

Water Classes, In Weber Pool			In-Person, In Studio Classes			Online, Zoom
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING 6:30 AM – 11:30 AM		8:00 AM Water Fitness with Ros in Weber Pool		8:00 AM Water Fitness with Ros in Weber Pool		
						10:30 AM Water Fitness with Jane in Weber Pool
AFTERNOON Noon – 4:00 PM	11:30 AM Water Fitness with Jackie in Weber Pool		11:30 AM HIIT Water Fitness with Terra in Weber Pool		11:30 AM Water Fitness with Elaine in Weber Pool	
		NOON GBT with Cathryn in Group X Studio	NOON Dance Fusion with Laura in Group X Studio	NOON Interval Training with Laura in Group X Studio		
EVENING 4:30 PM – 8:00 PM	5:00 PM Indoor Cycling with Cynthia in Group X Studio		5:00 PM Indoor Cycling with Cynthia in Group X Studio			
		6:00 PM Water Fitness with Brenda in Weber Pool	6:00 PM Water Fitness with Jane in Weber Pool			