



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 am Water Fitness Beth			8:00 am Deep Water Beth	8:00 am Yoga in the Water (W) Joan	
9:00 am Aqua Challenge Gina		9:00 am Aqua Challenge Gina			9:00 am Making Waves Joan	
	9:15 am Balance (W) Linda			9:15 am Balance (W) Ashlee		
		10:00 am Core & Joints Mix Linda				10:00 am Water Fitness Joan
	10:15 am Balance (W) Linda			10:15 am Balance (W) Lana	Specialty Classes	
			12:00 pm H2O Cardio Shallow Rae		TRX Interval Preview Outdoors	(Jennifer) 8a.m. Sat April 20
1:30 pm Aquasize Linda					GroupCycling BootCamp 30/30	(Farnaz) 8 a.m. Sat Apr 6, May 4, June 1
		5pm Private Warm Water Program (W) Apr 3-May1			Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Rise and Shine BodyPump	(Rachel G.) 5:45 a.m. Tues Apr 9, 23, May 7, 21
					Beginner GroupCycling	(Jackie) 10:15 a.m. Sat Apr 27, May 18
Pre-registration required for specialty classes. Register at front desk, call 440-988-6801 or use online sign up. Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Race Day 90min GroupCycling	(Jackie) 11:00 am Sun Apr28
					Iron Yoga	(Renee) 8 am Fri Apr 5, May 3, Jun 7
Due to capacity limits in Warm Water classes, participants must reserve a spot by calling 440-988-6801 for therapy pool (W) classes. Reservations accepted the day prior to and day of the scheduled class starting at 8a.m. Specialty class reservations can be made at any time.					Aqua Pilates	(Gloria) 10 a.m. Mon Apr 15, May 6, Jun 10
If you do not feel well the day of class: DO NOT COME TO THE FACILITY.			REMINDER: GLASS CONTAINERS IN THE POOL AREA!		NO	Beginner Yoga (Sherry) 11 am Sat Apr 13, May 4, Jun 8
Please follow us on Facebook/Instagram and download our UHAvonFitness app for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Outdoor Yoga (Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
						Outdoor Yoga (Crissy) 9a.m. Sat Jun 22