



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) Mary	Specialty Classes (Guests Welcome)	
			NEW TIME! 12:15pm H2O Cardio Shallow RaeLynn		SitFit Seniors (Crissy) 11a.m. Sat.Nov 22	
1:30 pm Aquasize Linda		NEW!!!!!! 1:30 pm Aquasize Mary			WaterWalking101 (Stori) 10a.m. Mon Oct27, Nov 24	
					Wall Pilates (Sherry) 10:45-11:30a.m. Sat. December 6	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Halloween Aqua Cauldron (RaeLynn) 12:15p.m. Thur. Oct 30	
					Aqua Pilates (Gloria) 10am Mon Nov10, Dec 8	
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.					Ball Class (Kathy) 11am Sat. Nov 15, Dec 20	
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.					Stretch/Mobility (Elissa) 8:15a.m. Sat Nov 1, 15, Dec 6	
			REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!		Beginner Cycle (Jackie) 10:30a.m. Nov 23, Dec 28	
Please follow us on Facebook/Instagram and download our UHAvonFitness app for class announcements, reminders, and class schedules at your fingertips.					Yoga Pop Up (Heather) 6:00 p.m. Thur Nov 20, Dec 18	
					Seasonal Qigong (Mary) 11a.m. Sat. Dec 13	



Capacity Limits:
 Lap Pool: 30 participants
 Therapy Pool: 14
 participants