



SPECTRUM REHAB FITNESS CLASS SCHEDULE

Effective January 11, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM			TRX Circuit Multipurpose Room (Janine)			
7:30 AM		*Spectrum Spin* Multipurpose Room (Val)		*Spectrum Spin* Multipurpose Room (Greg)		
8:30 AM		Strength & Tone Multipurpose Room (Val)		Strength & Tone Multipurpose Room (Val)		
9:00 AM						H2O Fitness Pool (Lori)
10:00 AM						Dancing Workshops (2d/3d Saturday only) Multipurpose Room (Richard & Debbie)
11:00 AM			H2O Fitness Pool (Lori)		NIA-Parkinsons Group Sun Room (Jane)	
12:00 PM				Water Tai Chi Pool (Philip)		
5:30 PM	H2O Fitness Pool (Lori)	Aqua Babies Pool (Kim)		H2O Fitness Pool (Kim)	H2O Fitness Pool (Kim)	
6:30 PM					West Coast Swing Multipurpose Room (Richard & Debbie)	
7:15 PM					West Coast Swing Multipurpose Room (Richard & Debbie)	

* NOTE: Please sign up at the front desk for Spectrum Spin - space is limited. Please call 444-0381 to reserve your spot today.