



SPECTRUM REHAB FITNESS CLASS SCHEDULE

Effective May 24, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM			TRX Circuit Main Gym (Janine)			
9:00 AM						H2O Fitness Pool (Lori)
11:00 AM			H2O Fitness Pool (Lori)			
12:00 PM				Water Tai Chi Pool (Philip)		
5:30 PM	H2O Fitness Pool (Lori)			H2O Fitness Pool (Kim)		