

## ARBOR CLUB GROUP FITNESS SCHEDULE

**EFFECTIVE JANUARY 1ST 2010**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:50 Fitness Room		Tai-Qi-Po* Frank		Tai-Qi-Po* Frank		Open Swim	Open Swim
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Larry	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Cammy	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Larry		
9:30-10:30 Arbor Club Ballroom	Yoga* Ronnese	Yoga* <i>Teaching Class</i> Ronnese	Yoga* Ronnese				
11:45-12:30 Arbor Club Ballroom	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		
1:30-2:15 Arbor Club Indoor Pool	Shallow Water Aerobics* Traci		Shallow Water Aerobics* Traci				

**\*DENOTES A FEE BASED CLASS**