

## ARBOR CLUB GROUP FITNESS SCHEDULE

**EFFECTIVE JUNE 1ST 2009**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:50 Arbor Club Ballroom		Tai-Qi-Po* Frank		Tai-Qi-Po* Frank		Open Swim	Open Swim
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Rebekah	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Cammy/Larry	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Rebekah		
9:30-10:30	Yoga* Ronnese AC Ballroom	Intermediate Yoga* Ronnese Fitness Room	Yoga* Ronnese AC Ballroom				
10:00-11:00		Arthritis Water* Pat Outdoor Pool		Arthritis Water* Pat Outdoor Pool	Yoga* 10:15am Bryony Fitness Room		
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* Rebekah		Shallow Water Aerobics* Therese				

**\*DENOTES A FEE BASED CLASS**