

SUMMER 2021 FITNESS

SCHEDULE

Fitness Center Hours:
Tuesday-Sunday | 4:30 AM - 10:00 PM
Monday | CLOSED

TUESDAY

8:00-8:45 AM: WATER WALKING - INTERMEDIATE CLASS
9:00 AM: WATER BOOT CAMP - FOR ONLY THE EXTREMELY PHYSICALLY FIT
4:30 PM: ZUMBA

WEDNESDAY

8:00-8:50 AM: WATER AEROBICS - LOWER LEVEL
9:00 AM: WATER AEROBICS - INTERMEDIATE LEVEL
10:00 AM & 6:00 PM - YOGA

THURSDAY

8:00-8:45 AM: WATER WALKING
9:00 AM: WATER BOOT CAMP
10:00 AM: YOGA
4:30 PM: ZUMBA

FRIDAY

8:00-8:50 AM: WATER AEROBICS
9:00 AM: WATER BOOT CAMP

SATURDAY

8:00-8:45 AM: WATER ZUMBA
9:00 AM: WATER BOOT CAMP



FOR ANY QUESTIONS, PLEASE REACH OUT TO OUR GROUP INSTRUCTORS:

LORI BRENNAN: WATER WALKING, WATER BOOT CAMP, & WATER AEROBICS

EMAIL: BRENNANQUEENIE@AOL.COM

MARY ANN SERRANO: ZUMBA & WATER ZUMBA

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