



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOCUS ON HEALTHY LIVING



Class Color Key:

**WATER CLASSES**

**LOW IMPACT/SENIOR CLASSES**

**INTERMEDIATE/ADV.**

**\*\* Fee Based \$\$ \*\***

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Comp. Pool	Masters/Tri Swimming		Masters/Tri Swimming		Masters/Tri Swimming	
7:00am	Group Ex. Studio		Tai Chi LUIS			Tai Chi LUIS	
8:00am	Group Ex. Studio				Tai Chi LUIS		
8:00am	Training Pool		Water Fitness LINDA		Water Fitness LINDA		
9:00am	Group Ex. Studio	Yoga TERRY		Yoga CATHY		Yoga LEISA	
9:30am-11:00am	Racquetball Court #1						Tae Kwon Do - AMY
10:00am	Group Ex. Studio	Senior Fitness KELLY	Yoga Cathy	Senior Fitness LEISA		Senior Fitness LEISA	
10:15am	Group Ex. Studio		Gentle Yoga CATHY		Chair Yoga LEISA		
11:00am	Training Pool	Water Fitness KELLY	Water Fitness LINDA	Water Fitness LEISA	Water Fitness LINDA	Aqua Zumba YUKO	
11:30am	Comp. Pool	Masters CATHY		Masters CATHY		Masters CATHY	
5:30pm	Group Ex. Studio		Zumba JESSICA		Zumba JESSICA		
5:30pm-8:00pm	Racquetball Court #1			Tae Kwon Do AMY		Tae Kwon Do AMY	
6:00pm	Group Ex. Studio	Cardio Combo LILYAN		Cardio Combo LILYAN			
6:30pm	Group Ex. Studio	Abs/Core Fusion LILYAN	Strength Training LILYAN	Abs/Core Fusion LILYAN	Strength Training LILYAN		
7:00pm	Comp. Pool	Masters	Masters	Masters	Masters		
7:00pm	Comp. Pool	Masters Water Polo		Masters Water Polo			
7:00pm	Comp. Pool	Underwater Hockey		Underwater Hockey		Underwater Hockey	

**\*Schedule and Instructors are subject to change without notice.**

**8422 International Drive, Orlando, Florida 32819**