

# MODIFIED Wednesday Class Schedule

April 2024

Fitness and Strength Training
<b>9:00 - 9:45 am</b> SilverSneakers® Classic
<b>10:00 - 11:30 am</b> Chair Volleyball (No Team Member)
<b>3:00 - 3:30 pm</b> Mix-It-Up Fitness

Aquatic
<b>10:00 - 10:45 am</b> Aquacize & Balance
<b>11:00 am - 12:00 noon</b> Open Swim
<b>1:00 - 2:00 pm</b> Open Swim/ Water Walking

■ Classes offered  
in-person only  
(at Village Square)

■ Independent Pool Time  
■ Instructor-Led Activities

## Additional Notes:

- Our Strength Training Studio will operate under normal hours.
- There will be no personal training sessions offered today.
- There will be no office hours or supervised fitness offered today.

## Additional Notes:

- The pool is only open as indicated by the schedule above.