<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
</table>
| 5:30pm-6:30pm Water Aerobics  
Instructor: Karen | 8:00am-9:00am ARTHRITIS AQUATICS  
Instructor: Ms. Orr | 5:00pm-6:00pm ZUMBA  
Instructor: Venice | 8:00am-9:00am ARTHRITIS AQUATICS  
Instructor: Ms. Orr |
| 6:00pm-7:00pm Cardio Combo*  
Instructor: Demeacus  
Begins January 14th | 6:00pm-7:00pm ZUMBA  
Instructor: Kim | 5:30pm-6:30pm Water Aerobics  
Instructor: Karen | 6:00pm-7:00pm Hatha Yoga  
Instructor: Amanda |
| 8:00am-9:00am ARTHRITIS AQUATICS  
Instructor: Ms. Orr | 5:30pm-6:30pm ZUMBA  
Instructor: Venice | 6:00pm-7:00pm Cardio Combo*  
Instructor: Demeacus  
Begins January 14th | 7:00pm-8:00pm UrbanSoul LINE DANCING  
Instructor: Raven |

Class Descriptions

<table>
<thead>
<tr>
<th>ZUMBA</th>
<th>Water Aerobics</th>
<th>Cardio Combo</th>
<th>ARTHRITIS AQUATICS</th>
<th>Hatha Yoga</th>
<th>UrbanSoul LINE DANCING</th>
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<tbody>
<tr>
<td>A high-energy, mainly Latin dance fitness workout with tons of fun! No dance experience required and all fitness levels are welcome. Participants burn up to 800 calories an hour!</td>
<td>An energetic water workout that gets your heart rate pumping and includes strength training and stretching. All levels welcome; class is geared toward an intermediate level.</td>
<td>A great workout for all levels of fitness enthusiasts. This class combines various cardiovascular training and toning exercises, for a superior total body workout.</td>
<td>Water is a safe, ideal environment for relieving arthritis pain and stiffness. This class is designed to safely keep your joints moving and improve your sense of well-being.</td>
<td>This class will increase flexibility, while building strength and stamina through various poses and postures. It will help to rejuvenate energy level, relieve stress and reduce pain.</td>
<td>A fun exciting way to dance your way to good health! This dance class will combine low, moderate and high energy line dance routines with aerobics.</td>
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