**SCHEDULE 2020**

Session I:  January 6th – February 29th  
Makeup week: March 2nd – 7th

Session II:  March 9th – May 2nd  
Makeup week: May 4th - 9th

Session III:  May 11th – July 4th  
Makeup week: July 6th – 11th

Session IV:  July 13th – September 5th  
Makeup week: September 7th - 12th

Session V:  September 14th – November 7th  
Makeup week: November 9th - 14th

Session VI:  November 16th – December 19th  
Mini Session 5 Weeks (No Make-Up)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
|        | 6:30-7:30 am  
Water Aerobics  
Linda Tisdale | 6:30-30 am  
Water Aerobics  
Linda Tisdale | 11:00 - 12:00 pm  
The “T” Experience  
Tamarra Fleming | 7:00-8:00 am  
AM Jam  
Gail Williams-Glasser |
| 11:00 - 12:00 pm  
The “T” Experience  
Tamarra Fleming | 12:00 - 1:00 pm  
Aqua Arthritis Plus  
Judy Mayberry | 11:00 - 12:00 pm  
The “T” Experience  
Tamarra Fleming | 12:00 - 1:00 pm  
Aqua Arthritis Plus  
Judy Mayberry | 11:00 - 12:00 pm  
The “T” Experience  
Tamarra Fleming |
| 7:00-8:00 pm  
Aqua Happy Hour “A”  
Gail Williams-Glasser | 7:00-8:00 pm  
Aqua Aerobics  
Karen Wilson | 7:00-8:00 pm  
Aqua Happy Hour “B”  
Karen Wilson | 7:00-8:00 pm  
Aqua Aerobics  
Karen Wilson |
| 8:00-9:00 pm  
Aqua Zumba  
Tamarra Fleming | 8:00-9:00 pm  
Aqua Zumba  
Tamarra Fleming | 8:00-9:00 pm  
Aqua Zumba  
Tamarra Fleming | 8:00-9:00 pm  
Aqua Zumba  
Tamarra Fleming |

**Aerobic Session Prices based on an 8-week full session:**

<table>
<thead>
<tr>
<th>Class</th>
<th>Premier Member</th>
<th>Regular Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Included</td>
<td>$35/Mini $25</td>
<td>$45/Mini $30</td>
</tr>
<tr>
<td>2</td>
<td>Included</td>
<td>$55/Mini $40</td>
<td>$65/Mini $45</td>
</tr>
<tr>
<td>3</td>
<td>Included</td>
<td>$75/Mini $55</td>
<td>$85/Mini $60</td>
</tr>
<tr>
<td>4</td>
<td>$25/Mini $20</td>
<td>$95/Mini $70</td>
<td>$105/Mini $75</td>
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**Zumba Session Prices based on a 8-week mini-session:**

<table>
<thead>
<tr>
<th>Class</th>
<th>Premier Member</th>
<th>Regular Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$25</td>
<td>$35</td>
<td>$45</td>
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<td>2</td>
<td>$45</td>
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<tr>
<td>4</td>
<td>$85</td>
<td>$110</td>
<td>$120</td>
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</table>
CLASS DESCRIPTIONS

- **AM JAM**: This is the class for those who want to JAM first thing in the morning. This is a full, active, one-hour cardio class in the water. We use floats and constantly move. Leave refreshed and ready to start your weekend. All fitness levels are welcome; participants are requested to use water shoes.
  
  **Instructor**: Gail Williams-Glasser

- **AQUA ARTHRITIS PLUS**: Designed for people with arthritis and other movement limitations. This class, given in our therapeutically heated pool, aims to increase range of motion, flexibility and reduce pain.
  
  **Instructor**: Judy Mayberry

- **AQUA HAPPY HOUR “A”**: A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.
  
  **Instructor**: Gail Williams-Glasser

- **AQUA HAPPY HOUR “B”**: A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.
  
  **Instructor**: Karen Wilson

- **A.M. WATER AEROBICS**: A low to moderate-Impact, Water Workout that improves flexibility, increase range of motion, & aid in weight loss.
  
  **Instructor**: Linda Tisdale

- **P.M. WATER AEROBICS**: A non-impact, intense water workout that will improve muscle tone and cardiovascular fitness. Get fit in the water!
  
  **Instructor**: Karen Wilson

- **AQUA ZUMBA** features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they’re getting fit and their energy levels are soaring! There’s no other fitness class like a Zumba Fitness-Party. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.
  
  **Instructor**: Tamarra Fleming-Winbish

**ADDITIONAL F.Y.I**

- **There will be NO REFUNDS**.
- **Please plan to arrive 15 minutes prior to the start of class** to allow adequate time for scanning in, making drop-in or session payments and changing clothes.
- **Please reregister at the beginning of each 8-week session**. If you are not registered for a class, your name will not be listed on the class roster at the beginning of each class, which means if a class is canceled for any reason, we have no way in which to notify you.
- **Instructors subject to change without notice**. Check with the Wellness Center for updates.
- **All classes 60 MINUTES unless otherwise indicated**.