

VITALITY CENTER CLASSES

September 2019

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
6am-6pm	Open Swim			6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6 am-6 pm	Open Swim
11:00-4:00	Open Wii Bowling			8:30	NO BALANCE	9:00	Water Fitness	8:30	Advanced Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
				11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Sit,Stand & Strength		
				1:00	Water Walking	1:00	Water Walking	1:00	Water Walking	3:00-4:30	Open Wii Bowling		
				2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise				
				3:00-4:30	Open Wii Bowling			3:00-4:30	Open Wii Bowling				
8		9		10		11		12		13		14	
6am-6pm	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6 am-6 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Advanced Balance	9:00	Water Fitness	8:30	Advanced Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Agility		
		3:00-4:30	Open Wii Bowling	1:00	Water Walking	1:00	Water Walking	1:00	Water Walking	3:00-4:30	Open Wii Bowling		
				2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise				
				3:00-4:30	Open Wii Bowling			3:00-4:30	Open Wii Bowling				
		50'S DAY		FUNKY FITNESS DAY		BRIGHT COLORS DAY		VEGAS DAY		JEANS DAY			
15		16		17		18		19		20		21	
6am-6pm	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6 am-6 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Advanced Balance	9:00	Water Fitness	8:30	Advanced Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Sit,Stand & Strength		
		3:00-4:30	Open Wii Bowling	1:00	Water Walking	1:00	Water Walking	1:00	Water Walking	3:00-4:30	Open Wii Bowling		
				2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise				
				3:00-4:30	Open Wii Bowling			3:00-4:30	Open Wii Bowling				
22		23		24		25		26		27		28	
6am - 6pm	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6:00 am	Open Swim	6 am-6 pm	Open Swim
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		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Agility		
		3:00-4:30	Open Wii Bowling	1:00	Water Walking	1:00	Water Walking	1:00	Water Walking	3:00-4:30	Open Wii Bowling		
				2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise				
				3:00-4:30	Open Wii Bowling			3:00-4:30	Open Wii Bowling				
29		30											
6am - 6pm	Open Swim	6:00 am	Open Swim										
11:00-4:00	Open Wii Bowling	9:00	Water Fitness										
		11:00	Sit, Stand & Strength										
		3:00-4:30	Open Wii Bowling										

