

2025 GROUP FITNESS TIMETABLE

	6:10am	8:45am	10:00am	11:00am	2:00pm	5:00pm	6:00pm
Monday		Walk n Talk Rhonda		Active Adults Shirley	Water Aerobics Marianne		Water Aerobics Sue S
Tuesday	Spin Rhonda		Water Aerobics Rhonda	Walk n Talk Shirley	Water Aerobics Marianne		
Wednesday		Walk n Talk Rhonda		Active Adults Shirley			Water Aerobics Marianne
Thursday	Spin Rhonda		Water Aerobics Rhonda			Water Aerobics Marianne	Stretch n Strengthen Rhonda (5:00pm)
Friday		Walk n Talk Rhonda					Water Aerobics Marianne
Saturday			Water Aerobics Rhonda				