



Fitness Centre Hours:
 Monday - Friday 5:00am - 10:00pm
 Saturday & Sunday 7:00am - 7:00pm

Childcare Hours:
 Monday - Friday 8:00am - 1:00pm
 Monday - Thursday 4:00pm - 8:00pm
 Saturday & Sunday 9:00am - 2:00pm

For questions or for information call the Fitness Centre front desk at (407) 303-4400

SENIOR CLASS CALENDAR - July 27 - October 25, 2009

	9:30am	10:30am	11:00am	12:00pm	1:00pm	4:30pm	5:30pm	6:30pm	7:30pm
Monday		Shallow H2O Cardio Pool		Arthritis Fibromyalgia Pool					
				Gentle Yoga 12:15pm LAS	Second Monday Senior Birthday Party Season's Café 1:00pm - 1:30pm		LES MILLS BODYVIVE LAS		
Tuesday			LES MILLS BODYVIVE 11:15am LAS						
			Wave Runners Pool						Yoga LAS
Wednesday	Aquatic Fitness Challenge Pool			Arthritis Fibromyalgia Pool		LES MILLS BODYVIVE LAS			
				Latin Grooves 12:15pm LAS					
Thursday			Wave Runners Pool	Gentle Yoga 12:15pm LAS					Yoga LAS
			LES MILLS BODYVIVE 11:15am LAS						
Friday				Arthritis Fibromyalgia Pool				Legend Pool = Pool Area LAS = Large Aerobics Studio	