



**Fitness Centre Hours:**  
 Monday - Friday 5:00am - 10:00pm  
 Weekends 7:00am - 7:00pm

**Childcare Hours:**  
 Monday - Friday 9:00am - 1:00pm  
 Monday - Thursday 4:00pm - 8:00pm  
 Weekends 9:00am - 2:00pm

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

## SENIOR CLASS SCHEDULE

	9:30am	10:30am	11:00am	12:00pm	1:00pm	4:30pm	5:30pm	6:30pm	7:30pm
<b>Monday</b>		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		
<b>Tuesday</b>			LES MILLS BODYVIVE 11:15am LAS						
			Wave Runners Pool						Yoga LAS
<b>Wednesday</b>	Aquatic Fitness Challenge Pool			Arthritis Fibromyalgia Pool		LES MILLS BODYVIVE LAS			
				Latin Grooves 12:15pm LAS					
<b>Thursday</b>			Wave Runners Pool	Gentle Yoga 12:15pm LAS					Yoga LAS
			LES MILLS BODYVIVE 11:15am LAS						
<b>Friday</b>				Arthritis Fibromyalgia Pool				Legend Pool = Pool Area LAS = Large Aerobics Studio	