

CLASS SCHEDULE

Elements at The Square

	AQUATIC CLASSES	LAND CLASSES
MONDAY	<p>6:30-8:45am Open Swim</p> <p>8:45-9:30am Aqua Fit</p> <p>9:45-10:30am Hydrodynamics 1</p> <p>10:45-11:30am Hydrodynamics 2</p> <p>11:30am-3pm Open Swim</p> <p>3-3:45pm Arthritis Aquatics </p> <p>3:45-5:45pm Open Swim</p>	<p>9:30-10:15am SilverSneakers® Classic </p> <p>10:30-11:15am Circuit</p> <p>11:30-12:15pm Tai Chi</p> <p>1-1:45pm SilverSneakers® Yoga </p> <p>5-5:45pm Total Body Fitness</p>
TUESDAY	<p>6:30-9am Open Swim</p> <p>9-9:45am Hydrodynamics</p> <p>10-10:45am Hydrodynamics</p> <p>10:45am-1:30pm Open Swim</p> <p>1:30-3:30pm Water Volleyball League</p> <p>3:30-5pm Open Swim</p> <p>5-5:45pm Splash and Burn</p>	<p>8-8:30am Step It Up</p> <p>9:30-10:15am Circuit</p> <p>11-11:45am SilverSneakers® Yoga </p> <p>12-12:45pm Flexibility and Fitness</p> <p>4-5pm Chair Volleyball</p>
WEDNESDAY	<p>6:30-8:45am Open Swim</p> <p>8:45-9:30am Aqua Fit</p> <p>9:45-10:30am Hydrodynamics 1</p> <p>10:45-11:30am Hydrodynamics 2</p> <p>11:30am-3pm Open Swim</p> <p>3-3:45pm Arthritis Aquatics </p> <p>3:45-5:45pm Open Swim</p>	<p>9:30-10:15am SilverSneakers® Classic </p> <p>10:30-11:15am Circuit</p> <p>11:30-12:15pm Tai Chi</p> <p>12-1pm Chair Volleyball</p> <p>1-1:45pm SilverSneakers® Yoga </p> <p>5-5:45pm Total Body Fitness</p>
THURSDAY	<p>6:30-9am Open Swim</p> <p>9-9:45am Hydrodynamics</p> <p>10-10:45am Hydrodynamics</p> <p>10:45am-5pm Open Swim</p> <p>5-5:45pm Splash and Burn</p>	<p>8-8:30am Step It Up</p> <p>9:30-10:15am Circuit</p> <p>11-11:45am SilverSneakers® Yoga </p>
FRIDAY	<p>6:30-8:45am Open Swim</p> <p>8:45-9:30am Aqua Fit</p> <p>9:45-10:30am Hydrodynamics 1</p> <p>10:45-11:30am Hydrodynamics 2</p> <p>11:30am-1:45pm Open Swim</p> <p>1:45-2:45pm Water Volleyball League</p> <p>3-3:45pm Arthritis Aquatics </p> <p>3:45-4:45pm Open Swim</p>	<p>9:30-10:15am SilverSneakers® Classic </p> <p>10:30-11:15am Circuit</p> <p>11:30-12:15pm B-FIT</p> <p>12-1pm Chair Volleyball</p> <p>1-1:45pm SilverSneakers® Yoga </p>

Classes written in orange are FREE for ALL Elements members. To access all classes, you must upgrade your membership.



FACILITY HOURS
 Monday-Friday | 6:30am-5pm
 Saturday | Closed

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TUESDAY	6:30-10:30am Open Swim 10:30-11:15am Hydrodynamics 11:15am- 12:45pm Water Volleyball League 1:30-2:15pm Hydrodynamics 2:15-4:45pm Open Swim	9:30-10:15am SilverSneakers® Classic SilverSneakers 11:00-11:45am Arthritis Land Silver&Fit. 12-12:45pm B-FIT 3-3:45pm Land Yoga 4-4:45pm Tai Chi
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