

CLASS SCHEDULE

Elements at The Square

	AQUATIC CLASSES	LAND CLASSES
MONDAY	6:30-8:45am Open Swim 8:45-9:30am Aqua Fit 9:45-10:30am Hydrodynamics 1 10:45-11:30am Hydrodynamics 2 11:30am-2pm Open Swim 2-2:45pm Arthritis Aquatics  2:45-5:45pm Open Swim	9:30-10:15am SilverSneakers® Classic  10:30-11:15am Circuit 11:30-12:15pm Tai Chi (starts 5/28/18) 1:15-2pm SilverSneakers® Yoga  5-5:45pm Total Body Fitness
TUESDAY	6:30-9am Open Swim 9-9:45am Hydrodynamics 10-10:45am Hydrodynamics 10:45am-1:30pm Open Swim 1:30-3:30pm Water Volleyball League 3:30-5pm Open Swim 5-5:45pm Splash and Burn	8-8:30am Step It Up 9:30-10:15am Circuit 11-11:45am SilverSneakers® Yoga  12-12:45pm Flexibility and Fitness 4-5pm Chair Volleyball
WEDNESDAY	6:30-8:45am Open Swim 8:45-9:30am Aqua Fit 9:45-10:30am Hydrodynamics 1 10:45-11:30am Hydrodynamics 2 11:30am-2pm Open Swim 2-2:45pm Arthritis Aquatics  2:45-5:45pm Open Swim	9:30-10:15am SilverSneakers® Classic  10:30-11:15am Circuit 11:30-12:15pm Tai Chi (starts 5/28/18) 12-1pm Chair Volleyball 1:15-2pm SilverSneakers® Yoga  5-5:45pm Total Body Fitness
THURSDAY	6:30-9am Open Swim 9-9:45am Hydrodynamics 10-10:45am Hydrodynamics 10:45am-5pm Open Swim 5-5:45pm Splash and Burn	8-8:30am Step It Up 9:30-10:15am Circuit 11-11:45am SilverSneakers® Yoga 
FRIDAY	6:30-8:45am Open Swim 8:45-9:30am Aqua Fit 9:45-10:30am Hydrodynamics 1 10:45-11:30am Hydrodynamics 2 11:30am-2pm Open Swim 2-2:45pm Arthritis Aquatics  3-4pm Water Volleyball League 4-4:45pm Open Swim	9:30-10:15am SilverSneakers® Classic  10:30-11:15am Circuit 11:30-12:15pm B-FIT 12-1pm Chair Volleyball 1:15-2pm SilverSneakers® Yoga 

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

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