

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 12-1pm Chair Volleyball 1:15-2pm SilverSneakers® Yoga  |
| 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 4-4:45pm Total Body Fitness |
| 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 12-1pm Chair Volleyball 1:15-2pm SilverSneakers® Yoga  |
| 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  4-4:45pm Total Body Fitness |
| 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 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.

Elements at The Bever



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

CLASS SCHEDULE

| | AQUATIC CLASSES | LAND CLASSES |
|------------------|---|---|
| MONDAY | 6:30-9am Open Swim (8-8:30am Closed for Routine Cleaning) 9-10am Water Aerobics 10:45am-11:30am Total Body H ₂ O Silver&Fit. 11:30am-2pm Open Swim 2-2:45pm Arthritis Aquatics Silver&Fit. 2:45-4:45pm Open Swim | 9-9:45am Circuit 10-10:45am Circuit 11-11:45am SilverSneakers® Yoga SilverSneakers 12-12:45pm SilverSneakers® Classic SilverSneakers |
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