

# Elements at The Square

	AQUATIC CLASSES	LAND CLASSES
<b>MONDAY</b>	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  3-4pm   Cornhole
<b>TUESDAY</b>	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	8-8:30am   Step It Up 9:30-10:15am   Circuit 11-11:45am   SilverSneakers® Yoga  12-12:45pm   Flexibility and Fitness
<b>WEDNESDAY</b>	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 
<b>THURSDAY</b>	6:30-9am   Open Swim 9-9:45am   Hydrodynamics 10-10:45am   Hydrodynamics 10:45am-5pm   Open Swim	8-8:30am   Step It Up 9:30-10:15am   Circuit 11-11:45am   SilverSneakers® Yoga 
<b>FRIDAY</b>	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.*

**CLASS SCHEDULE**

**Elements at The Bever**

	<b>AQUATIC CLASSES</b>	<b>LAND CLASSES</b>
<b>MONDAY</b>	6:30-9am   Open Swim 9-10am   Water Aerobics 10:45am-11:30am   Total Body H <sub>2</sub> O  11:30am-2pm   Open Swim 2-2:45pm   Arthritis Aquatics  2:45-4:45pm   Open Swim	9-9:45am   Circuit 10-10:45am   Circuit 11-11:45am   SilverSneakers® Yoga  12-12:45pm   SilverSneakers® Classic 
<b>TUESDAY</b>	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  12-12:45pm   B-FIT 3-3:45pm   Land Yoga
<b>WEDNESDAY</b>	6:30-9am   Open Swim 9-10am   Water Aerobics 10:45-11:30am   Total Body H <sub>2</sub> O  11:30am-2pm   Open Swim 2-2:45pm   Arthritis Aquatics  2:45-4:45pm   Open Swim	9-9:45am   Circuit 10-10:45am   Circuit 11-11:45am   SilverSneakers® Yoga  12-12:45pm   SilverSneakers® Classic 
<b>THURSDAY</b>	6:30-10:30am   Open Swim 10:30-11:15am   Hydrodynamics 11:15- 12:45pm   Water Volleyball League 1:30-2:15pm   Hydrodynamics 2:15-4:45pm   Open Swim	9:30-10:15am   SilverSneakers® Classic  12-12:45pm   B-FIT 3-3:45pm   Land Yoga
<b>FRIDAY</b>	6:30-9am   Open Swim 9-10am   Water Aerobics 10:45-11:30am   Total Body H <sub>2</sub> O  11:30am-2pm   Open Swim 2-2:45pm   Arthritis Aquatics  2:45-4:45pm   Open Swim	9-9:45am   Circuit 10-10:45am   Circuit 11-11:45am   SilverSneakers® Yoga  12-12:45pm   SilverSneakers® Classic 

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Elements members.**

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