



Elements at The Square

	AQUATIC CLASSES	LAND CLASSES
MONDAY	6:30-9:30am Open Swim 9:30-10:15am Hydrodynamics 10:30-11:15am Hydrodynamics 11:15am-2:00pm Open Swim 2:00-2:45pm Arthritis Aquatics 2:45-4:45pm Open Swim	9:30-10:15am Stretch and Flex 12:00-12:30pm Balance 12:00-1:00pm Chair Volleyball
TUESDAY	6:30-9:00am Open Swim 9:00-9:45am Hydrodynamics 10:00-10:45am Hydrodynamics 10:45am-4:45pm Open Swim 5:00-5:45pm Splash & Burn	9:00-9:45am YogaStretch 10:00-10:45am Circuit
WEDNESDAY	6:30-9:30am Open Swim 9:30-10:15am Hydrodynamics 10:30-11:15am Hydrodynamics 11:15am-2:00pm Open Swim 2:00-2:45pm Arthritis Aquatics 2:45-4:45pm Open Swim	9:30-10:15am Stretch and Flex 12:00-12:30pm Balance 12:00-1:00pm Chair Volleyball
THURSDAY	6:30-9:00am Open Swim 9:00-9:45am Hydrodynamics 10:00-10:45am Hydrodynamics 10:45am- 4:45pm Open Swim 5:00-5:45pm Splash & Burn	9:00 -9:45am YogaStretch 10:00-10:45am Circuit
FRIDAY	6:30-9:30am Open Swim 9:30-10:15am Hydrodynamics 10:30-11:15am Hydrodynamics 11:15am-2:00pm Open Swim 2:00-2:45pm Arthritis Aquatics 2:45-4:45pm Open Swim	9:30-10:15am Stretch and Flex 12:00-1:00pm Chair Volleyball

Elements at The Bever

	AQUATIC CLASSES	LAND CLASSES
MONDAY	6:30-11:00am Open Swim 11:00-11:45am Total Body H ₂ O 11:45am-4:45pm Open Swim	9:00-9:45am Circuit 10:00-10:45am Circuit 11:00-11:45am YogaStretch
TUESDAY	6:30-10:00am Open Swim 10:00-10:45am Hydrodynamics 10:45am-12:45pm Water Volleyball League 12:45-4:45pm Open Swim	9:00-9:45am Stretch and Flex 3:00-3:45pm Cardio Drumming
WEDNESDAY	6:30-11:00am Open Swim 11:00-11:45am Total Body H ₂ O 11:45am-4:45pm Open Swim	9:00-9:45am Circuit 10:00-10:45am Circuit 11:00-11:45am YogaStretch
THURSDAY	6:30-10:00am Open Swim 10:00-10:45am Hydrodynamics 10:45am-12:45pm Water Volleyball League 12:45-4:45pm Open Swim	9:00-9:45am Stretch and Flex 3:00-3:45pm Cardio Drumming
FRIDAY	6:30-11:00am Open Swim 11:00-11:45am Total Body H ₂ O 11:45am-4:45pm Open Swim	9:00-9:45am Circuit 10:00-10:45am Circuit 11:00-11:45am YogaStretch