



**Elements at The Square**

	<b>AQUATIC CLASSES</b>	<b>LAND CLASSES</b>
<b>MONDAY</b>	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
<b>TUESDAY</b>	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 3:00-3:45pm   Cardio Drumming
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	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 3:00-3:45pm   Cardio Drumming
<b>FRIDAY</b>	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**

	<b>AQUATIC CLASSES</b>	<b>LAND CLASSES</b>
<b>MONDAY</b>	6:30-11:00am   Open Swim 11:00-11:45am   Total Body H <sub>2</sub> O 11:45am-4:45pm   Open Swim	9:00-9:45am   Circuit 10:00-10:45am   Circuit 10:00-10:45am   Cycling (member guided) 11:00-11:45am   YogaStretch
<b>TUESDAY</b>	6:30-10:00am   Open Swim 10:00-10:45am   Hydrodynamics 10:45am-12:45pm   Water Volleyball League 12:45-4:45pm   Open Swim	11:00-11:30am   Chair Balance
<b>WEDNESDAY</b>	6:30-11:00am   Open Swim 11:00-11:45am   Total Body H <sub>2</sub> O 11:45am-4:45pm   Open Swim	9:00-9:45am   Circuit 10:00-10:45am   Circuit 10:00-10:45am   Cycling (member guided) 11:00-11:45am   YogaStretch
<b>THURSDAY</b>	6:30-10:00am   Open Swim 10:00-10:45am   Hydrodynamics 10:45am-12:45pm   Water Volleyball League 12:45-4:45pm   Open Swim	11:00-11:30am   Chair Balance
<b>FRIDAY</b>	6:30-11:00am   Open Swim 11:00-11:45am   Total Body H <sub>2</sub> O 11:45am-4:45pm   Open Swim	9:00-9:45am   Circuit 10:00-10:45am   Circuit 10:00-10:45am   Cycling (member guided) 11:00-11:45am   YogaStretch