



CLLC Fitness Schedule April 17th - June 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Aquafit 8:30-9:30AM **NEW**		Deep Aquafit 8:30-9:30AM		Deep Aquafit 8:30-9:30AM		
Fusion 9:45-10:45AM		Fusion 9:45-10:45AM	Athletic Step 9:30-10:30AM		Yoga 9:45-10:45 cancelled until further notice	
Strength and Balance 11:00AM-12:00PM		Strength and Balance 11:00AM-12:00PM		Total Body Fit 10:00am-11:00am		
	Deep Aquafit 1:00pm - 2:00pm		Deep Aquafit 1:00pm - 2:00pm	Hatha Yoga 11:15-12:15PM		
Athletic Step 5:30-6:30PM	Gentle Hatha Yoga 5:30-6:30PM		Hatha Yoga & Meditation 6:00-7:15PM ***New***			
						*** No classes April 7, April 10, May 22 due to Stat Holidays