



CLLC Fitness Schedule July 3- September 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Aquafit 8:30-9:30AM ***No classes August 20-Sep 7		Deep Aquafit 8:30-9:30AM ***No classes August 20-Sep 7		Deep Aquafit 8:30-9:30AM ***No classes August 20-Sep 7		
Fusion 9:45-10:45AM		Fusion 9:45-10:45AM *No class August 30	Athletic Step 9:30-10:30AM	Total Body Fit 10:00am-11:00am *No class September 1		
Strength and Balance 11:00AM-12:00PM		Strength and Balance 11:00AM-12:00PM *No class August 30		Hatha Yoga 11:15-12:15PM *No class September 1		
			Deep Aquafit 1:00pm - 2:00pm			***Pool closed August 20- September 8
Athletic Step 5:30-6:30PM *no class July 3	Gentle Hatha Yoga 5:30-6:30PM					***No classes on July 1 and August 7 due to stat holidays