



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:00 am Water Fitness Beth			8:00 am Deep Water Beth	8:00 am Yoga in the Water (W) Joan		
9:00 am Aqua Challenge Gina		9:00 am Aqua Challenge Gina			9:00 am Making Waves Joan		
	9:15 am Balance (W) Linda			9:15 am Balance (W) Ashlee			
		10:00 am Core & Joints Mix Linda	10am Warm Pool (W) Gathering Place Program 8/29-9/26			10:00 am Water Fitness Joan	
	10:15 am Balance (W) Linda			10:15 am Balance (W) Lana	<b>Specialty Classes</b>		
			12:00 pm H2O Cardio Shallow Rae		<b>Aqua Pilates</b>	(Gloria) 10 a.m. Mon Sept 9, Oct 14, Nov 11, Dec 9	
1:30 pm Aquasize Linda					<b>Beginner Cycling</b>	(Jackie) 10:15am Sat Sep14,Oct26,Nov16,Dec28	
					<b>Beginner Yoga</b>	(Sherry) 11am Sat Sep 28, Oct 26	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		<b>Better Balance</b>	(Sherry) 11am Sat Oct 19, Nov 2	
					<b>BodyPump Pop Up</b>	(Rachel S) 5:45am Tues Sept 10	
Pre-registration required for specialty classes. Register at front desk, call <b>440-988-6801</b> or use online sign up. Specialty classes are <b>free</b> to non-members as part of our United We Sweat Program. Photo ID required.					<b>Having a Ball</b>	(Kathy) 8 am Sat Sept 21	
Due to capacity limits in Warm Water classes, participants must reserve a spot by calling <b>440-988-6801</b> for therapy pool (W) classes. Reservations accepted the day prior to and day of the scheduled class starting at 8a.m. Specialty class reservations can be made at any time.					<b>Indoor Cycle Sat Pop Up (due to biathlon)</b>	(Farnaz) 8am Sat Sept 28	
			<b>REMINDER:</b> NO GLASS CONTAINERS IN THE POOL AREA!		<b>Indoor Cycle Fri Pop Up</b>	(Jackie) 6:00p Fri Oct 11, Nov 8, Dec 13	
Please follow us on Facebook/Instagram and download our <b>UHAvonFitness app</b> for class announcements, reminders, and class schedules at your fingertips.				<b>Capacity Limits:</b> Lap Pool: 30 participants Therapy Pool: 14 participants		<b>Iron Yoga</b>	(Renee) 8 am Fri Sep6, Oct4, Nov1, Dec6
						<b>Outdoor Track/Boot Camp</b>	(Jennifer) 5:30p.m. Fri Sept 13
						<b>Wall Pilates</b>	(Sherry) 10:45a.m. Sat Sep 14, Oct 12

