



INSPIRE

Weekly Group Exercise Class Schedule



Aquatics Programming

	Monday	Tuesday	Wednesday	Thursday	Friday
8am-8:45am	Tidewater Water Aerobics (Advanced)	Tidewater Water Aerobics (Advanced)	Saltwater Circuit (Advanced)	Tidewater Water Aerobics (Advanced)	Tidewater Water Aerobics (Advanced)
10am-10:45am	Supervised Free Swim		Supervised Free Swim		Supervised Free Swim
3pm-3:45pm		Water Aerobics (Beginner)		Water Aerobics (Beginner)	
4pm-4:45pm				AQUALAX	

Land Programming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am-9:45am	Circuit Training (Advanced)	BEAT (Pre-approval)	Agility, Coordination and Core (Advanced)	BEAT (Pre-approval)	Circuit Training (Advanced)	Yoga (ALL Levels)
10am-10:45am	Yoga (Beginner)	Bay Balance (Advanced)	Yoga (Advanced)	Bay Balance (Advanced)	Yoga (Beginner)	
11am-11:45am	Functional Fitness (Beginner)	Tai Chi (11:15am-12pm)	Functional Fitness (Beginner)	Tai Chi (11:15am-12pm)	Functional Fitness (Beginner)	
2pm-2:45pm		Bay Balance (Beginner)		Bay Balance (Beginner)		
4pm-4:45pm	WORK IT! (Advanced)					

INSPIRE

Inspirational • Nutritional • Spiritual • Personal • Integrative • Rehabilitative • Educational

FREE services offered to you (by appointment):

- Wellness Assessment/ Reassessment
- Individualized Exercise Prescriptions/ Plans
 - Equipment Orientations

FREE “Drop-in” services offered to you (M-F 7:45am-4pm):

- Blood pressure, Blood oxygen saturation, Heart rate testing



Wellness Club Meetings

Bike Club	March 2020-November 2020 2pm Mondays
Bowling Club	January 2020-June 2020 1:30pm 3rd Wednesdays (Meet @ Shipyard Cardinal Lanes)
Ping Pong Club	Thursdays 7pm