



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				10:00 am Water Fitness Joan	
	10:15 am Balance (W) Linda			10:15 am Balance (W) Mary	Specialty Classes (Guests Welcome)		
			NEW TIME! 12:15pm H2O Cardio Shallow RaeLynn	11:15am Private Oct3-31 Program (W)	SitFit Seniors	(Crissy) 11a.m. Sat. Sept 27, Oct 25	
1:30 pm Aquasize Linda		NEW!!!! 1:30 pm Aquasize Mary			WaterWalking101	(Stori) 10a.m. Mon Sep22, Oct27, Nov 24	
					S.'W.E.A.T. Deep	(Jackie) 8:15a.m. Sun. Oct 12	
6:00 pm Aquabatas Jackie		6:00 pm Deep Water Jackie	6:00 pm Aqua Bootcamp Jackie		Cardio Kickboxing	(Brandon) 6:15pm Thu Sep 4, 18, Oct 2, 16	
					Aqua Pilates	(Gloria) 10am Mon Sep8,Oct13,Nov10	
Pre-registration required for specialty classes. Register at front desk, call 440-988-6801 or use online sign up. Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Ball Class	(Kathy) 11am Sat. Sept 20	
Due to capacity limits in Warm Water classes, participants must reserve a spot by calling 440-988-6801 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.					Stretch/Mobility	(Elissa) 8:15a.m. Sat. Sept 13, 27	
			REMINDER: NO GLASS CONTAINERS IN THE POOL AREA!		Beginner Cycle	(Jackie) 10:30a.m. Oct 11, Nov 23, Dec 28	
Please follow us on Facebook/Instagram and download our UHAVonFitness app for class announcements, reminders, and class schedules at your fingertips.				Capacity Limits: Lap Pool: 30 participants Therapy Pool: 14 participants		Yoga Flow Pop Up	(Heather) 6:00 p.m. Thur Sept 25, Oct 23
						Seasonal Qigong	(Mary) 11a.m. Sat. Oct 11

