



**Panorama Aquatic Center**  
**Fitness Class Schedule June 21-August 27, 2010**



**Panorama Aquatic Center Pool Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 AM</b> Joint Care <b>8:30 AM</b> Aquatic Circuit Training <b>10 AM</b> Basic Water Fitness	<b>8:15 AM</b> Water Walking <b>8:30 AM</b> Water Pilate <b>3:15 PM</b> Water Aerobics	<b>9 AM</b> Joint Care <b>8:30 AM</b> Aquatic Circuit Training <b>10 AM</b> Basic Water Fitness	<b>8:15 AM</b> Water Walking <b>8:30 AM</b> Water Pilate <b>3:15 PM</b> Water Aerobics	<b>9 AM</b> Joint Care <b>8:30 AM</b> Aquatic Circuit Training <b>10 AM</b> Basic Water Fitness

**Panorama Aquatic Center Fitness Room Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:45 AM</b> Challenge Fitness <b>10 AM</b> Chair Yoga <b>3:30 PM</b> Parkinson's Exercise <b>4 PM</b> Line Dance (Auditorium Stage)	<b>8 AM</b> Yoga 2 <b>9:15 AM</b> Functional Fitness <b>10:30 AM</b> Stretch and Strength <b>10:30 AM</b> Quinault Chair Exercise <b>11:35 AM</b> Yoga 1 <b>3 PM</b> Gyrokinesis	<b>8:45 AM</b> Challenge Fitness <b>10 AM</b> Chair Yoga <b>3 PM</b> Belly Dance <b>3:30 PM</b> Parkinson's Exercise <b>4:30 PM</b> Tai Chi	<b>8 AM</b> Yoga 2 <b>9:15 AM</b> Functional Fitness <b>10:30 AM</b> Stretch and Strength <b>10:30 AM</b> Quinault Chair Exercise <b>11:35AM</b> Yoga 1	<b>8:45 AM</b> Challenge Fitness <b>10:30 am</b> Quinault Chair Exercise  <b>3:00 PM</b> Wii Games