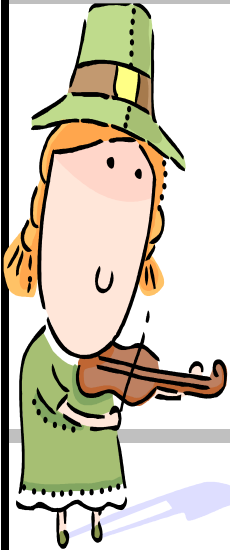
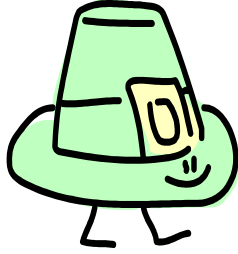
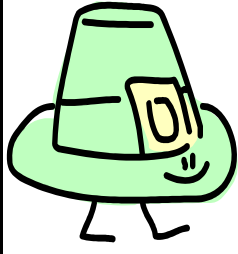




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio &amp; Muscle</b> Lynn 5:30-6:15am	<b>Yoga</b> Linda 5:30-6:30am	<b>Cardio &amp; Muscle</b> Lynn 5:30-6:15am	<b>March 1st-April 3rd</b>		
<b>Zumba</b> Lynn 8:15-9:00am	<b>Pilates</b> Gym with JoAnna 8:15-9:00am	<b>Yoga</b> JoAnna 8:15-9:00am	<b>Pilates</b> Gym with JoAnna 8:15-9:00am	<b>Muscle &amp; Music</b> Dolly 8:15-9:00am	<b>Triathlon Swim</b> Pool w/Andrea 7:30-8:00am
<b>Muscle &amp; Music(†)</b> Lynn 9:00-10:00am	<b>Step</b> Vicki 8:15-9:00am	<b>Cardio Blast</b> Lynn 9:00-10:00am	<b>Step</b> Vicki 8:15-9:00am	<b>Yoga</b> Anne 9:00-10:00am	<b>Triathlon Cycle</b> Andrea 8:15-8:45am
<b>Joyful Joints</b> Joy 10:00-10:45am	<b>Triathlon Swim</b> Pool w/Angie 8:45-9:15am	<b>Joyful Joints</b> Joy 10:00-10:45am	<b>Triathlon Swim</b> Pool w/Angie 8:45-9:15am	<b>Boot Camp (†)</b> Gym with Dolly 9:00-10:00am	<b>Triathlon Run</b> Andrea 8:45-9:15am
	<b>Zumba</b> Michelle 9:00-10:00am	<b>Cycle Camp (†)</b> Kristie 10:00-10:45am	<b>Zumba</b> Lynn 9:00-10:00am	<b>Joyful Joints</b> Joy 10:00-10:45am	<b>Yoga</b> Linda 9:00-10:00am
	<b>Triathlon Cycle</b> Anne 9:30-10:00am		<b>Triathlon Cycle</b> Kristie 9:30-10:00am		<b>Cycle</b> JoAnna/Jenn 9:00-10:00am
	<b>Arthritis Foundation Tai Chi</b> Alan 10:00-11:00am		<b>Arthritis Foundation Tai Chi</b> Alan 10:00-11:00am		<b>Zumba</b> Heather 10:00-11:00am
	<b>Triathlon Run</b> Anne 10:00-10:30am		<b>Triathlon Run</b> Kristie 10:00-10:30am		
<b>Cycle</b> JoAnna 5:30-6:30pm	<b>Cycle</b> JoAnna 5:30-6:15pm	<b>Cycle Camp (†)</b> Andrea 5:30-6:30pm	<b>Cycle</b> Andrea 5:30-6:15pm	<b>Boot Camp</b> Gym w/Andrea 5:30-6:30pm	
<b>Zumba</b> Michelle 5:30-6:30pm	<b>Muscle &amp; Music</b> Joni 5:30-6:30pm	<b>Yoga</b> Linda 5:30-6:30pm	<b>Yoga</b> JoAnna 5:30-6:30pm		
<b>Muscle &amp; Music</b> Andrea 6:30-7:30pm	<b>Zumba</b> Heather 6:30-7:30pm	<b>Pilates</b> JoAnna 6:30-7:30pm	<b>Zumba</b> Michelle 6:30-7:30pm		

All Classes are designed for the beginner to intermediate fitness level.

(†) Denotes Classes designed for the intermediate to advanced fitness level.

## Aquatic Class Schedule

615-328-3300 or 615-328-3315

anne.provencher @ Sumner.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced Aqua Dolly 8:30-9:30am	Triathlon Swim Angie 8:45-9:15am	Aqua Aerobics Joy 8:30-9:30am	Triathlon Swim Angie 8:45-9:15am	Aqua Aerobics Joy 8:30-9:30am	Triathlon Swim Andrea 7:30-8:00am
Aqua PiYo Dolly 9:30-10:15am	Arthritis Foundation Aquatic Program Lynn 10:15-11:00am	Aqua PiYo Dolly 9:30-10:15am	Arthritis Foundation Aquatic Program Lynn 10:15-11:00am	Advanced Aqua Jessica 9:30-10:15am	
Arthritis Foundation Aquatic Program Joy 11:15-Noon	Arthritis Foundation Aquatic Program Lynn 11:15-Noon	Arthritis Foundation Aquatic Program Joy 11:15-Noon	Arthritis Foundation Aquatic Program Lynn 11:15-Noon	Arthritis Foundation Aquatic Program Joy 11:15-Noon	Swim School Basic Lessons Noon-3:30pm (Additional Fee)
Reserved for Therapy Noon-2:15pm	Reserved for Therapy Noon-2:15pm	Reserved for Therapy Noon-3pm	Reserved for Therapy Noon-2:15pm	Reserved for Therapy Noon-3pm	Family Time Noon-4:00pm Saturday/Sunday  Party Reservations
	Swim School Swim Stroke 4-8pm (Additional Fee)		Swim School Basic Lessons 4-8pm (Additional Fee)	 <p><i>March</i></p> <p><b>March 1st-April 3rd</b></p> 	
Arthritis Foundation Aquatic Program Joy 5:45-6:30pm	Family Time 6-8pm Party Reservations	Arthritis Foundation Aquatic Program Joy 5:45-6:30pm	Family Time 6-8pm Party Reservations		
Aqua Aerobics Jessica 6:00-7:00pm	Aqua Aerobics Joy 6:00-7:00pm	Aqua Aerobics Jessica 6:00-7:00pm	Advanced Aqua Jennifer 6:00-7:00pm		

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