

Passport to Health Demo Schedule

Thursday, February 1 - Saturday, March 10

DATE	TIME	CLASS	LOCATION
FEBRUARY 1	8:30am - 9:30am	Circuit Training	Fitness Floor
FEBRUARY 3	12:00pm - 1:00pm	Aquakinetics	Therapy Pool
FEBRUARY 5	2:00pm - 2:30pm	Nutrition	Studio 3
	11:30am - 12:30pm	Breath of Life	Studio 3
FEBRUARY 6	10:00am - 11:00am	TRX	Studio 3
FEBRUARY 8	5:00pm - 6:00pm	Breath of Life	Studio 3
FEBRUARY 10	12:00pm - 1:00pm	Aquakinetics	Therapy Pool
FEBRUARY 12	6:30pm - 7:30pm	Breath of Life	Studio 3
FEBRUARY 14	7:30pm - 8:30pm	Partner Yoga	Studio 3
FEBRUARY 15	7:00pm - 8:00pm	Ariel Yoga	Studio 3
FEBRUARY 17	12:00pm - 1:00pm	TRX	Studio 3
FEBRUARY 24	11:00am - 11:30am	Nutrition	Studio 3
MARCH 3	11:00am - 12:00pm	Bryan Pullin Experience	Studio 3
MARCH 10	12:00pm - 12:30pm	Nutrition	Studio 3

Please reach out and contact Jordan Carey, Aquatics Director to schedule your swim lesson demo or swim stroke analysis

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MARCH 3	11:00am - 12:00pm	Bryan Pullin Experience	Studio 3
MARCH 10	12:00pm - 12:30pm	Nutrition	Studio 3

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