

# I.N.S.P.I.R.E.

## At Brightmore

### *Aquatics*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday**
Saltwater Strength 1:30-2:00	Water Aerobics 8:15-8:45	Water Aerobics 10:00-10:45	Water Aerobics 8:15-8:45	Water Aerobics 10:00-10:45	Aqua Fit 9:00-9:45
Open Pool 1:00-3:00	Open Pool 1:00-3:00	Open Pool 1:00-3:00	Open Pool 1:00-3:00	Open Pool 1:00-3:00	Open Pool ** 9:45-11:00
	Aqua Fit 2:00-2:30		Aqua Fit 2:00-2:30	Saltwater Strength 1:30-2:00	

### *Group Fitness Classes*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Training 8:30-9:00	Beginner Balance 9:30-10:00	Circuit Training 8:30-9:00	Beginner Balance 9:30-10:00	Circuit Training 8:30-9:00	Tai Chi 10:00-10:30
Chair Yoga 9:00-10:00	Stretch and Flex 10:00-10:45	Floor Yoga 9:00-10:00	Stretch and Flex 10:00-10:45	Chair Yoga 9:00-10:00	
Advanced Balance 10:30-11:00	Balance Circuit 3:30-4:00	Advanced Balance 11:00-11:30	Line Dancing 1:00-1:45	Advanced Balance 11:15-11:45	
Stretch and Flex 11:00-11:45		Stretch and Flex 11:30-12:00	Balance Circuit 3:30-4:00		

**\*\*The Pool is Open every 2nd and 4th Saturdays of the month**

**Aqua Fit has been moved to Tuesday & Thursday afternoons from 2:00-2:30.**

**Water Aerobics classes will now be added on Tuesday & Thursday from 8:15-8:45 am.**

**An additional Saltwater Strength class will be added to Friday afternoons from 1:30-2:00.**