



FITNESS AND AQUATICS SCHEDULE

MEDFORD LEAS AND LUMBERTON

EFFECTIVE JANUARY 3, 2008

MONDAY AT MEDFORD LEAS

8:00 AM - 12:30 PM.....ASSISTANCE IN FITNESS CENTER
 8:10 - 8:20AM.....ABSOLUTELY ALL ABS, EXERCISE STUDIO
 8:30 - 9:00 AM.....SMART START, EXERCISE STUDIO
 9:20 - 10:20 AM.....AQUA MOTION, POOL
 9:30 - 10:00 AM.....LIGHT 'N LIVELY, EXERCISE STUDIO
 11:30 AM - 12:30 PM.....WATER WALKING, POOL
 1:30 PM - 3:30 PM.....ASSISTANCE IN FITNESS CENTER
 2:00 - 2:45 PM.....(STARTING 1/14/08).....BALANCE TRAINING, THEATER

WEDNESDAY AT MEDFORD LEAS

8:00 AM - 12:30 PM.....ASSISTANCE IN FITNESS CENTER
 8:10 - 8:20AM.....ABSOLUTELY ALL ABS, EXERCISE STUDIO
 8:30 - 9:00 AM.....SMART START, EXERCISE STUDIO
 9:20 - 10:20 AM.....AQUA MOTION, POOL
 9:30 - 10:00 AMLIGHT 'N LIVELY, EXERCISE STUDIO
 11:30 AM - 12:30 PM.....WATER WALKING, POOL
 1:30 PM - 3:30PM.....ASSISTANCE IN FITNESS CENTER



FRIDAY AT MEDFORD LEAS

8:00 AM - 12:30 PM.....ASSISTANCE IN FITNESS CENTER
 8:10 - 8:20AM.....ABSOLUTELY ALL ABS, EXERCISE STUDIO
 8:30 - 9:00 AM.....SMART START, EXERCISE STUDIO
 9:20 - 10:20 AM.....AQUA MOTION, POOL
 9:30 - 10:00 AM.....LIGHT 'N LIVELY, EXERCISE STUDIO
 11: 30 AM - 12:30 PMWATER WALKING, POOL
 1:00 PM - 2:30 PM.....WATER VOLLEYBALL, POOL
 1:30 - 3:30 PM.....ASSISTANCE IN FITNESS CENTER
 2:00 - 2:45 PM.....(STARTING 1/14/08).....BALANCE TRAINING, THEATER

Saturday at Medford Leas - Water Walking 2 PM - 3PM
No staff assistance