



**KEY**  
(bolded events = weekly)

**AM Body Challenge**  
With Lesa Lewis  
Mon-Fri

**Arthritis Class**  
With Lesa Lewis  
Mon, Tues, Thurs, Fri

**Water Aerobics**  
With Lesa Lewis  
Mon, Wed, Sat

**Youth Boxing & Body Fit**  
Tues & Thurs  
With Chris Thompson

**Youth Swim Lessons (6-17) & Adult Swim Lessons**  
Tues & Thurs  
With Victoria Brown

**Parent & Child Swim Lessons (Infant & Toddler)**  
With Sicily Matthews

**Club KC Saturday Nights 6pm-11pm**  
11-15 year old  
This a **FREE** Event

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Bridge</b> 11am-3:30p <b>Water Aerobics</b> 7-7:45p	2 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Silver Sneakers</b> 10-11a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p	3 <b>AM Body C</b> 5:30-6:15a <b>Silver Sneakers</b> 10-11a <b>Noon Ball</b> 12-2p <b>Zumba Class</b> 6-7p <b>Water Aerobics</b> 7-7:45p <b>Adult Soccer</b> 7-9p	4 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	5 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Senior Meeting</b> 11a-1p	6 <b>Water A</b> 11:15a-12 <b>P &amp; Child Swim</b> 12-1:00p <b>Club KC</b> 6-11pm
7	8 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Bridge</b> 11am-3:30p <b>Water Aerobics</b> 7-7:45p	9 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Silver Sneakers</b> 10-11a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p	10 <b>AM Body C</b> 5:30-6:15a <b>Silver Sneakers</b> 10-11a <b>Noon Ball</b> 12-2p <b>Zumba Class</b> 6-7p <b>Water Aerobics</b> 7-7:45p <b>Adult Soccer</b> 7-9p	11 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	12 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Senior Meeting</b> 11a-1p	13 <b>Water A</b> 11:15a-12 <b>P &amp; Child Swim</b> 12-1:00p <b>Club KC</b> 6-11pm
14	15 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Bridge</b> 11am-3:30p <b>Water Aerobics</b> 7-7:45p	16 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Silver Sneakers</b> 10-11a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	17 <b>AM Body C</b> 5:30-6:15a <b>Silver Sneakers</b> 10-11a <b>Noon Ball</b> 12-2p <b>Zumba Class</b> 6-7p <b>Water Aerobics</b> 7-7:45p <b>Adult Soccer</b> 7-9p	18 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	19 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Senior Meeting</b> 11a-1p	20 <b>Water A</b> 11:15a-12 <b>P &amp; Child Swim</b> 12-1:00p <b>Club KC</b> 6-11pm
21	22 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Bridge</b> 11am-3:30p <b>Water Aerobics</b> 7-7:45p	23 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Silver Sneakers</b> 10-11a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	24 <b>AM Body C</b> 5:30-6:15a <b>Silver Sneakers</b> 10-11a <b>Noon Ball</b> 12-2p <b>Zumba Class</b> 6-7p <b>Water Aerobics</b> 7-7:45p <b>Adult Soccer</b> 7-9p	25 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	26 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 10-10:45a <b>Senior Meeting</b> 11a-1p	27 <b>Water A</b> 11:15a-12 <b>P &amp; Child Swim</b> 12-1:00p <b>Club KC</b> 6-11pm
28	29	30 <b>AM Body C</b> 5:30-6:15a <b>Arthritis Class</b> 9-9:45a <b>Silver Sneakers</b> 10-11a <b>Youth Boxing</b> 6-7p <b>Body Fit</b> 6-7p <b>Y Swim Lessons</b> 6-6:45p <b>A Swim Lessons</b> 7-7:45p	31 <b>AM Body C</b> 5:30-6:15a <b>Silver Sneakers</b> 10-11a <b>Noon Ball</b> 12-2p <b>Zumba Class</b> 6-7p <b>Water Aerobics</b> 7-7:45p <b>Adult Soccer</b> 7-9p			

