

**Class Schedule**  
**Brookwood Health & Fitness**

CLASS DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PRICES
ARTHRITIS AQUATICS	9:00 - 10:00 am				9:00 - 10:00 am		\$35/month
AQUAFIT		9:00 - 10:00 am		9:00 - 10:00 am			\$35/month
AQUAFIT		5:30 - 6:30 pm		5:30 - 6:30 pm			\$35/month
PRENATAL AQUATICS		10:00 - 11:00 am		10:00 - 11:00 am			\$35/month
PRENATAL AQUATICS	5:30 - 6:30 pm		5:30 - 6:30 pm				\$35/month
PRENATAL AQUATICS		6:30 - 7:30 pm		6:30 - 7:30 pm			\$35/month
WATER BABIES			1 Session = 6 Saturdays		8:00 - 8:40 am; 8:50 - 9:30 am; 9:40 - 10:20 am		\$60.00

\*\* Price Adjustment: 3 or more classes per week= \$40.00/month \*\*

PRENATAL YOGA		5:30 - 6:30 pm					\$8/class
PRENATAL YOGA			9:30 - 10:30 am				\$8/class

\*\* Price Adjustment: \$5/class if also taking Perinatal Aquatics \*\*

STROLLERMOMS	9:30 - 10:30 am		9:30 - 10:30 am				\$5/class
--------------	-----------------	--	-----------------	--	--	--	-----------

\*\* Seasonal Class: Sept.-Nov./April-June \*\*

Contact Karen Culverhouse at 978-8667 with questions or to register for any of the above classes.  
Physician releases for Perinatal classes may be faxed to 978-4573.