

Class Schedule For
Brookwood Health & Fitness

| CLASS DESCRIPTION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | PRICES |
|--------------------|----------------|-----------------|---------------|--|----------------|----------|-----------------|
| ARTHRITIS AQUATICS | 9:00am-10:00am | | | | 9:00am-10:00am | | \$35/month |
| AQUAFIT | | 9:00am-10:00am | | 9:00am-10:00am | | | \$35/month |
| AQUAFIT | | 5:30pm-6:30pm | | 5:30pm-6:30pm | | | \$35/month |
| PRENATAL AQUATICS | | 10:00am-11:00am | | 10:00am-11:00am | | | \$35/month |
| PRENATAL AQUATICS | 5:30pm-6:30pm | | 5:30pm-6:30pm | | | | \$35/month |
| PRENATAL AQUATICS | | 6:30pm-7:30pm | | 6:30pm-7:30pm | | | \$35/month |
| WATER BABIES | | | 9:15am-9:55am | Sat.: 8:00-8:40;8:50-9:30;9:40-10:20;10:30-11:10;11:20-12:00 | | | \$60/ 6 classes |

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

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

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| STROLLERMOMS | 9:15am-10:15am | | 9:15am-10:15am | | | | \$5/class |
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** 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 Prenatal classes may be faxed to 978-4573.