

# Woodloch Springs Sports Complex

## July 5 - September 4

MON	TUES	WED	THURS	FRI	SAT
9am-9:45am <b>Ballet Tone and Stretch</b> <i>w/ Retta</i>	9am-9:45am <b>Pilates w/Props</b> <i>w/ Melissa</i>	8:15am-9am <b>Strength Training</b> <i>w/ Dorothy/ Erika</i>	9am-10am <b>Thai Massage &amp; Partner Yoga</b> <i>w/ Kelly</i>	9am-9:45am <b>Elegant Strength &amp; Movement</b> <i>w/ Erika</i>	8:30am-9:15am <b>Zumba</b> <i>w/ Dorothy</i> <b>July 17 &amp; 24</b> <b>No Zumba</b> <b>Smart Strength</b> <i>w/ Erika</i>
	10am-10:45am <b>Water Aerobics</b>	9am-9:45am <b>Low Intensity Cardio Dance Fusion</b> <i>w/ Retta</i>	10:15am-11am <b>“Gracefully Aging” Class</b> <i>w/ Blake</i>		9am-9:45am High Energy Water Aerobics <i>w/ Erika</i>
10am-10:45am <b>Aquasize</b> <i>w/ Residents</i>				10am-10:45am <b>Aquasize</b> <i>w/ Residents</i>	
		6:30pm-7:15pm <b>Yoga</b> <i>w/ Blake</i>			

Check out all of our upcoming summer events and programs on our Website:  
[www.woodlochsportscomplex.com](http://www.woodlochsportscomplex.com)