

# Palm Class Descriptions

## Cycle

60 minutes of cycling on state-of-the-art Keiser Bikes. Join us as we "spin" through imaginary voyages, speed & hill intervals. Bikes can be adjusted to your personal fitness level (easy to hard).

## Water Aerobics

A low-impact, high-intensity workout in our Jr.Olympic size, indoor pool.

## Aqua Schedule

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
8:30am-9:30am	Steph	Chris	Steph	Chris	Steph	
5:30-6:30pm	Sonja		Sonja			

## Club Hours

**Monday-Thursday** 4am-11pm

**Friday** 4am-10pm

**Saturday-Sunday** 6am-8pm