



SWEAT for SWIMMERS

April 15 – 20

JOIN A CLASS
JOIN OUR CAUSE



Monday	11:00am	Pilates
	6:00pm	Sprint
Tuesday	10:00am	AOA
	6:00pm	BodyPump
Thursday	5:00pm	BodyCombat
Friday	12:00pm	BodyBalance
Saturday	9:00am	BodyCombat
	10:00am	BodyPump

Exercise.
Sponsor a New Swimmer.
Save Lives.

