

MONDAY

6:45-7:45 a.m.	Power Pump with Kim
8-9 a.m.	Cycle 60 with Mary
9-10 a.m.	Water Aerobics with Johanne/Zita
9:15-10:15 a.m.	Zumba with Shantel
5:30-6:30 p.m.	Pound with Jess

TUESDAY

8-8:50 a.m.	Total Body Workout with Donna
9-10 a.m.	Yoga Flow with Heather
9-10 a.m.	Aqua Zumba with Shantel
9-10 a.m.	Barre Toning with Donna
6-6:45 p.m.	Cycle 45 with Mary

WEDNESDAY

8-9 a.m.	Cycle 60 with Kathi
9-10 a.m.	Water Aerobics w Johanne/Zita
9:15-10:15 a.m.	Zumba Toning with Shantel
5:30-6:30 p.m.	Pound with Jess

THURSDAY

8-8:50 a.m.	Total Body Workout with Donna (Cancelled 11/28)
9-10 a.m.	Yoga Flow with Heather
9-10 a.m.	Aqua Zumba with Shantel (11/7- Pat)
9-10 a.m.	Barre Toning with Donna (Cancelled- 11/28)
6-6:45 p.m.	Cycle 45 with Mary (Cancelled- 11/7 & 11/28)

FRIDAY

8-9 a.m.	HIIT with Mary Beth
9-10 a.m.	Water Aerobics with Johanne/Zita (Cancelled- 11/28)
9:15-10:15 a.m.	Zumba with Shantel

SATURDAY

9-10 a.m.	Barre Toning with Gina (11/2-Donna)
10:15-11 a.m.	Pound with Jess

SUNDAY

9-10 a.m.	Yoga Flow with Tammy
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**** Water Aerobics will not be offered during inclement weather. Please call the Fitness Center to verify: 302.539.4511**

All Classes above will be held at the Fitness Center Address: 38994 Westway Drive, Bethany Beach, DE 19930; An Orange parking pass issued by the Fitness Center staff must be displayed. Schedule is subject to change without notice. Call 302-539-4511 or log onto www.SeaColony.com
Prices: Sea Colony Owners: \$5 per class/participant; Aerobic Card: 5 classes: \$25, 10 classes: \$50, 20 classes: \$100.

Renters/non-Sea Colony Owners: NEW- Aerobics Program Fee- An annual fee of \$30 will apply to receive the punch card price. Does not apply for a Sea Colony Owners, Owner's Guest (owner-provided guest badges may not be utilized for a non-Sea Colony owner who is a local domiciled resident of Sussex County, Worcester County and Wicomico County), Sea Colony Renter and off season Members.

\$9 per class/participant; Aerobic Card: 5 classes: \$35; 10 classes: \$70; 20 classes: \$140.

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