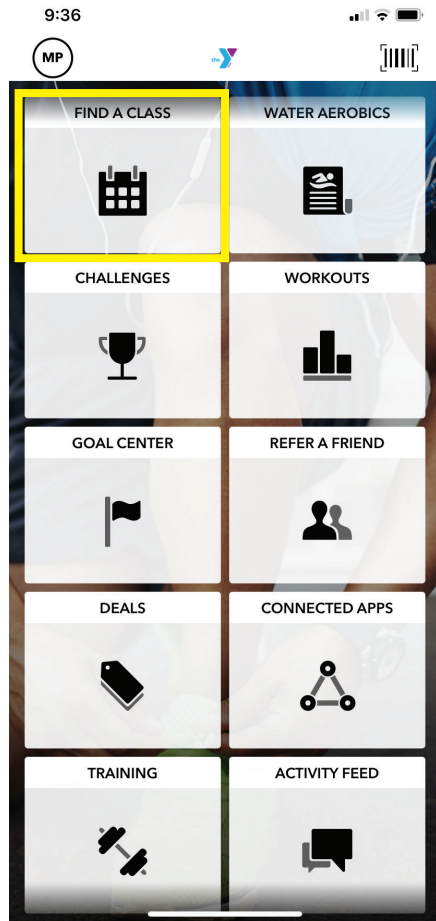
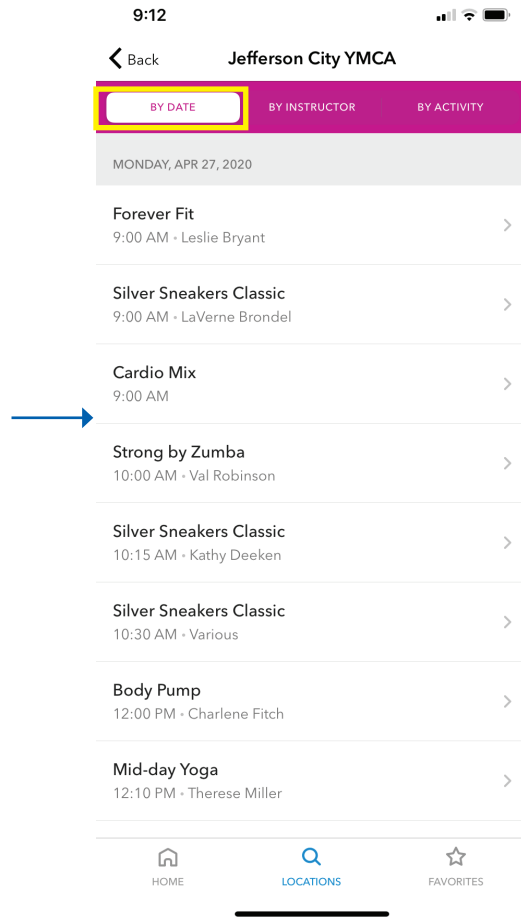


HOW TO FIND A LAND GROUP EXERCISE CLASS & WATER AEROBICS CLASS

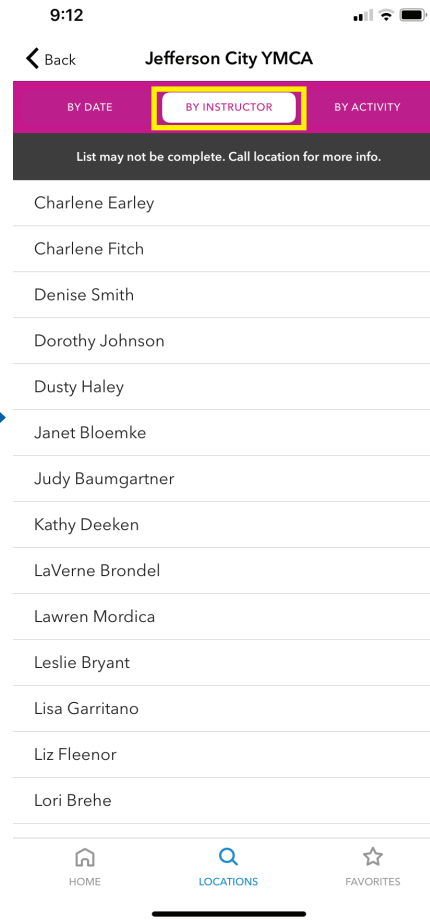
•Land Group Exercise



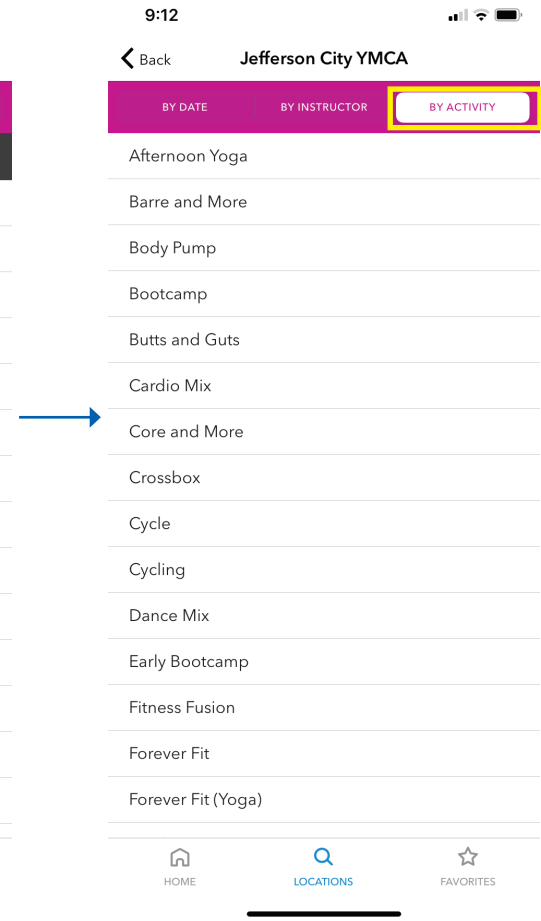
Select "Find A Class" tile.



Classes are listed by time for the current day. Click on the class you are interested in for the location and a description.



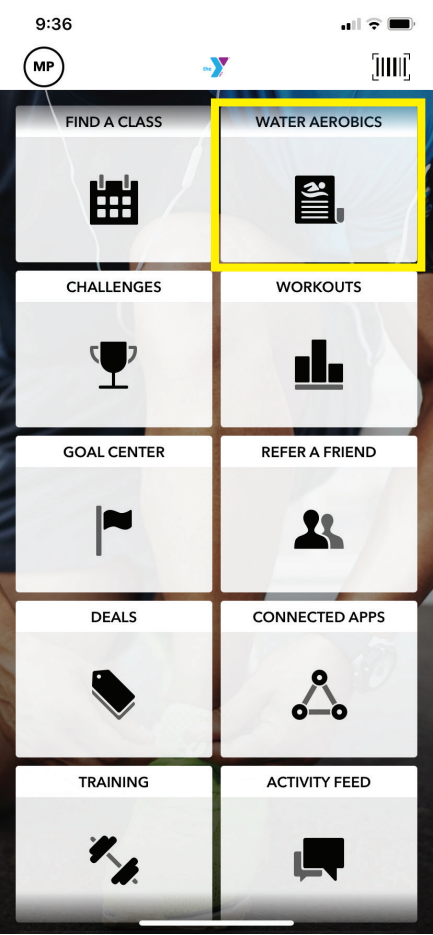
If you would like to find classes by a specific instructor, click "By Instructor" at the top of the page. Click the instructors name for a listing of the classes they teach.



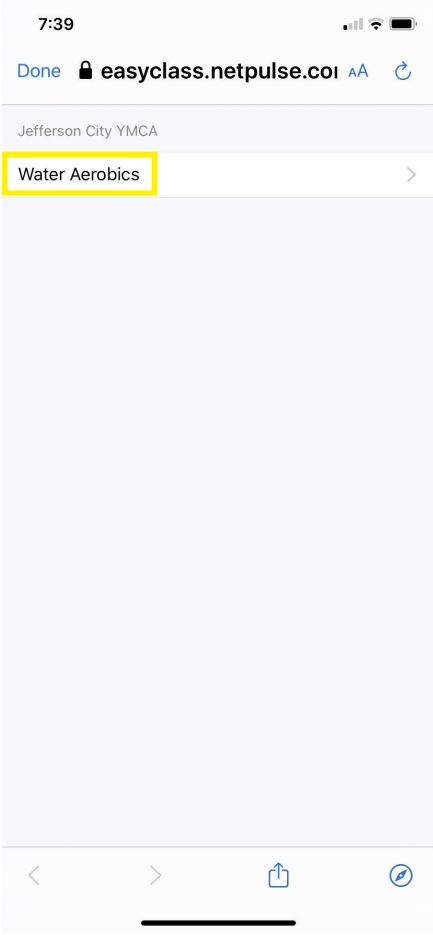
If you are looking for a specific type of class, click "By Activity" for an alphabetical class list.

HOW TO FIND A LAND GROUP EXERCISE CLASS & WATER AEROBICS CLASS

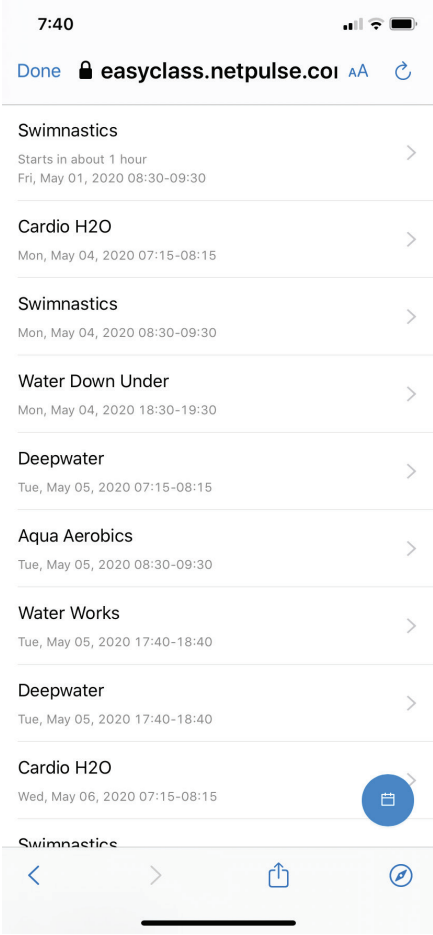
•Water Aerobics



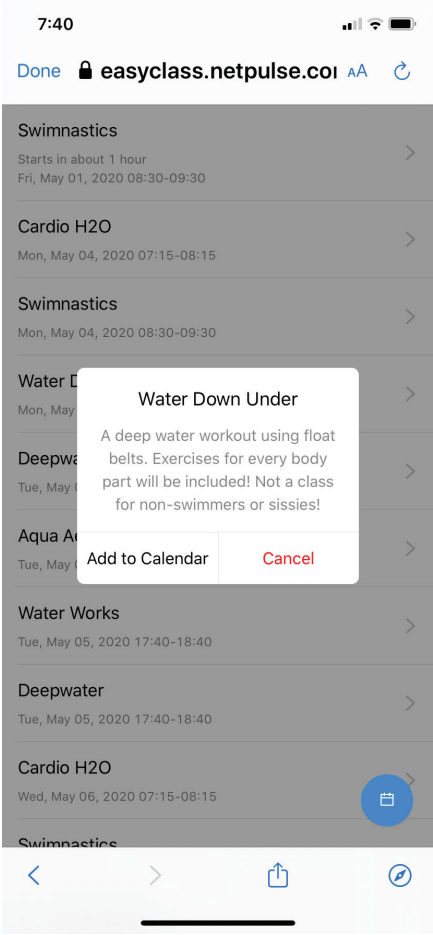
Select “Water Aerobics” tile.



Select “Water Aerobics.”



Classes are listed in calendar order .



Click a class name for a class description.