



Spectrum Rehabilitation

810 Arcturus Drive
 Colorado Springs, CO 80905
 719-444-0381
 www.spectrumrehab.net

SPECTRUM CLASS SCHEDULE

As of 1/1/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						H2O Fitness Pool (Lori)
11:00 AM			H2O Fitness Pool (Lori)			
12:00 PM				Water Tai Chi Pool (Philip)		
5:30 PM	H2O Fitness Pool (Lori)			H2O Fitness Pool (Lori)		

SPECTRUM CLASSES

Water Tai Chi
 \$2 /class
 (no discounts)

H2O Fitness
 1 Class - \$10 / Drop In)
 5 Pack - \$35 (\$7 / class)

Senior/Military/Student
 Discount - \$1.00