

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		Aerobics	Aerobics	Aerobics			
5:30 am	STEP	BOOT CAMP	STEP	BOOT CAMP	STRENGTH		
6:30 am	YOGA	YOGA	YOGA	YOGA	YOGA		
8:30 am						POWER 90 STEP ROTATION	STEP
9:00 am	POWER 90 STEP	KICK BOXING	TURBO KICK	KICK BOXING	POWER 90 STEP		Strength 9:30
10:00 am		Intermediate-Advanced STEP	MUSCLE PUMP	Intermediate-Advanced STEP		YOGA ROTATION	
10:30 am							Yoga
11:00 am	MOVERS and SHAKERS	MOVERS and SHAKERS YOGA		MOVERS and SHAKERS CORE	MOVERS and SHAKERS		
11:30 am			MOVERS & SHAKERS FIT BALANCE				
12:00 pm					ACTIVE SENIORS +		
12:30 pm		B.A.T.	Power 90 12:30-2:00	B.A.T.			
4:30 pm	PIYO		PIYO		POWER 90		
5:30 pm	DANCE	STRENGTH	CIRCUIT CAMP	STRENGTH			
6:30 pm	STEP	KICK BOXING	STEP	KICK BOXING			
7:30 pm	YOGA	YOGA	YOGA	YOGA			

CYCLE CYCLE CYCLE

5:30 am	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE		
9:00 am	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
6:00 pm	CYCLE	CYCLE	CYCLE	CYCLE & SETS			

Pool Pool Pool

8:45-10:15 am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	Aerobics Rotation	
9:00 am		Aqua Aerobics		Aqua Aerobics			
10:30-12:00	SWIMMING LESSONS		SWIMMING LESSONS				
1:00 pm	Senior Splash		Senior Splash		Senior Splash		
3:45-5:45 pm		SWIMMING LESSONS		SWIMMING LESSONS			
6:00 pm	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics			

- * THE POOL IS CLOSED ONE HOUR FOR CLEANING ON FRIDAY FROM 2:30 TO 3:30
- * RESERVE A BIKE FOR CYCLE CLASS 2 DAYS IN ADVANCE AT THE FRONT DESK
- * SOME CLASSES HAVE LIMITED SPACE PLEASE SHOW UP ON TIME
- * LAP SWIMMING OR PERSONAL POOL USE IS NOT ALLOWED DURING A CLASS SESSION
- * ALL CLASSES ARE 55 MINUTES, UNLESS OTHERWISE NOTED

~Club~

M-F 5AM – 11PM
 Saturday 8AM – 8PM
 Sunday 8AM – 8PM

~Family Swim~

Friday 6PM – 9PM
 Saturday 2PM – 7PM
 Sunday Noon – 4:30PM

~Day Care~

M-T 8:30AM – 8:45pm
 Friday 8:30-6:00pm
 Saturday 8:30-12:00