

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		Aerobics	Aerobics	Aerobics			
5:30 am	STEP Janet	BOOT CAMP Melissa	STEP KATHRYN	BOOT CAMP Carlee	STRENGTH Carlee		
6:30 am	PILATES/YOGA Jackie	ZUMBA! Mari	PILATES/YOGA Jackie	ZUMBA! Mari	PILATES/YOGA Jackie		
8:30 am						8 am POWER 90 STEP ROTATION	STEP Hilary
9:00 am	POWER 90 STEP Kathryn	KICK BOXING Mary	PIYO Linda	KICK BOXING Mary	POWER 90 STEP Sharon	ZUMBA 9:30	Strength Hilary 9:30
10:00 am		Intermediate- Advanced STEP Sharon	STRENGTH Sharon	Intermediate- Advanced STEP Sharon			
10:30 am						TURBOKICK Taryn/ Nicole	Yoga Hilary
11:00 am	Movers and Shakers Amberli	MOVERS and SHAKERS YOGA Lesley	MOVERS and SHAKERS Fit Balance (Linda)	MOVERS and SHAKERS CORE Lesley	Movers and Shakers SUSIE		
12:30 pm		STRENGTH TRAINING Etta	POWER 90 ETTA	CIRCUIT Etta			
4:30 pm	PIYO Susie		PIYO Susie				
5:30 pm	ZUMBA Leah	STRENGTH Jamie	BOOTCAMP/CIRCUIT Jamie	STRENGTH HEATHER			
6:30 pm	INTERMED. STEP Sharon	KICK BOXING Heather	ZUMBA	KICK BOXING HEATHER			
7:30 pm	PIYO MEGAN	YOGA Debie	YOGA Jamie	YOGA Debie			

CYCLE CYCLE CYCLE

5:30 am	CYCLE Carlee	CYCLE Janet	CYCLE Bret	CYCLE Janet	CYCLE Nikki		
9:00	CYCLE Nikki	CYCLE Leslie	CYCLE Michele	CYCLE Leslie	CYCLE Gabe	CYCLE rotation	
6:00 pm	CYCLE Pam M	CYCLE Linda G	CYCLE Paige	CYCLE Pam M			

Pool Pool Pool

8:45-10:15	Aqua Aerobics ?		Aqua Aerobics Connie			Aerobics Rotation (9:00am)	
9:00 am		Aqua Aerobics CONNIE		Aqua Aerobics RICK			
10:30 12:00	SWIMMING LESSONS		SWIMMING LESSONS				
1:00 pm	Senior Splash Rick		Senior Splash Melece		Senior Splash Rick		
3:45-5:45		SWIMMING LESSONS		SWIMMING LESSONS			
6:00 pm	Aqua Aerobics Katie	Aqua Aerobics Debbie	Aqua Aerobics Katie	Aqua Aerobics Debbie			

*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 8:45AM – 8:45pm
Friday 8:45-2:30pm
Saturday 8:30-12:00