

GROUP EXERCISE / AEROBICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITT 6:00 -7:00 A TONE	CORE & MORE 8:15 - 8:45 A TONE	FITT 6:00 -7:00 A TONE	CORE & MORE 8:15 - 8:45 A TONE	FITT 6:00 -7:00 A TONE	
PROGRESSIVE YOGA 9:00 - 10:00 A M&B	VARIYOGA 9:00 - 10:00 A M&B	YOGA 8:30 - 9:30 A M&B	SLOW FLOW 9:00A - 10:00 A M&B	PROGRESSIVE YOGA 9:00 - 10:00 A M&B	
ZUMBA GOLD 10:00 - 11:00 A DNC	SILVER CIRCUIT 10:00 - 11:00 A TONE	PROGRESSIVE YOGA 9:00 - 10:00 A M&B	SILVER CIRCUIT 10:00-10:45 A TONE	ZUMBA GOLD 10:00 - 11:00 A DNC	
CIRCUIT CIRCUS 10:00-10:45 A TONE	CHAIR YOGA I 10:00-10:45 A M&B	ZUMBA GOLD 10:00 - 11:00 A DNC	CHAIR YOGA I 10:00-10:45 A M&B	FOCUS ON STRENGTH 4:00 - 4:45 P TONE	
BALANCE & COORDINATION 11:00 -11:45 A TONE	BCM REG MOV 11:00 - 12:00 A DNC	CIRCUIT CIRCUS 10:00-10:45 A TONE	BCM REG MOV 11:00 - 12:00 A DNC		
BARRE 11:00 - 12:00 P TONE	LINE DANCE 12:00 - 1:00 P DNC	BARRE 11:00 - 12:00 P TONE	LINE DANCE 12:00 - 1:00 P DNC		
TAI CHI-ADV 12:15 - 1:00 P M&B	CHAIR YOGA II 11:00-11:45 A M&B	TAI CHI-ADV 12:15 - 1:00 P M&B	CHAIR YOGA II 11:00-11:45 A M&B		
FOCUS ON STRENGTH 4:00 - 4:45 P TONE	CLASSIC 12:00-12:45 P TONE	FOCUS ON STRENGTH 4:00 - 4:45 P TONE	CLASSIC 12:00-12:45 P TONE		
YOGA 5:30 - 7:00 P M&B	TAI CHI-BEG 1:00-1:45P M&B	STRENGTH & STRETCH 5:30 -6:30 P TONE	PARKINSON'S CLASS 1:00 -1:45 P TONE		
SLEEK PHYSIQUE 6:00 - 7:00 P TONE	PARKINSON'S CLASS 1:00 -1:45 P TONE	SLEEK PHYSIQUE 6:00 - 7:00 P TONE	BOOT CAMP 5:30 - 6:30 P TONE		
	BOOT CAMP 5:30 - 6:30 P TONE				

CLASS LEGEND

- TONE / SCULPT
- SILVER SNEAKERS
- MIND & BODY
- DANCE Fitness

AQUA AEROBICS SCHEDULE

SILVER SPLASH 8:00 - 8:45 A SS	POWER KICKS 8:00-8:45 A CARDIO	SILVER SPLASH 8:00 - 8:45 A SS	POWER KICKS 8:00-8:45 A CARDIO	SILVER SPLASH 8:00 - 8:45 A SS	Today is a good day to have a <u>GOOD</u> day!
STRIDE, STRENGTH, STRETCH 9:00 - 9:45 A ARTH	AQUA FIT 9:00-9:45 A CARDIO	STRIDE, STRENGTH, STRETCH 9:00 - 9:45 A ARTH	AQUA FIT 9:00-9:45 A CARDIO	STRIDE, STRENGTH, STRETCH 9:00 - 9:45 A ARTH	
AQUA CARDIO 10:00 - 10:45 A SS	AQUA CIRCUIT 10:00-10:45 A ARTH	AQUA CARDIO 10:00 - 10:45 A SS	AQUA CIRCUIT 10:00-10:45 A ARTH	AQUA CARDIO 10:00 - 10:45 A SS	
WATER WORKS 5:00-5:45 P ARTH	AQUA JOINTS 2:00-2:45 P ARTH	WATER WORKS 5:00-5:45 P ARTH	AQUA JOINTS 2:00-2:45 P ARTH		

OPEN SWIM TIMES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00 -6:15 A	Lap Swim 5:00 -6:15 A	Lap Swim 5:00 -6:15 A	Lap Swim 5:00 -6:15 A	Lap Swim 5:00 -6:15 A	Lap Swim 10:00 -12:30 P	Lap Swim 1:30 -3:00 P
1 Ln Lap/2 Ln Open Ex 6:15 - 7:45 A	1 Ln Lap/2 Ln Open Ex 6:15 - 7:45 A	1 Ln Lap/2 Ln Open Ex 6:15 - 6:45 A	1 Ln Lap/2 Ln Open Ex 6:15 - 7:45 A	1 Ln Lap/2 Ln Open Ex 6:15 - 7:15 A	Open Exercise 12:30 - 3:00 P	Open Exercise 3:00 - 4:30 P
1 Ln Lap/2 Ln Open Ex 6:00 - 7:30 P	Lap Swim 11:00 -12:00 P	1 Ln Lap/2 Ln Open Ex 6:00 - 7:30 P	Lap Swim 11:00 -12:00 P	Lap Swim 11:00 -1:30 P		
	Open Exercise 12:00 - 1:00 P		Open Exercise 12:00 - 1:00 P	Open Exercise 1:30 - 4:00 P		
	1 Ln Lap/2 Ln Open Ex 4:00 - 7:30 P		1 Ln Lap/2 Ln Open Ex 4:00 - 7:30 P	1 Ln Lap/2 Ln Open Ex 4:00 - 7:30 P		

CLASS LEGEND

LAP SWIM

OPEN EXERCISE

1 Ln LAP/2 Ln OPEN EX

- Members may use both the large and small pool during open swim times.
- During the lap swim time, members may walk in the walking lane. However, the walking lane is NOT open during class or personal training times
- Lap swim is reserved to for swimming down and back in the lane. Please share lanes during times the pool is busy.

