

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			<b>Aerobics</b>	<b>Aerobics</b>			
5:30 am	STEP	BOOT CAMP	STEP	BOOT CAMP	STRENGTH		
6:30 am	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 & SHAKERS FIT BALANCE	MOVERS and SHAKERS CORE	MOVERS and SHAKERS		
12:00 pm					ACTIVE PLUS		
12:30 pm		B.A.T.	Power 90 12:30-2:00	B.A.T.			
4:30 pm	CANCELLED FOR SUMMER		CANCELLED FOR SUMMER		CANCELLED FOR SUMMER		
5:30 pm	DANCE	STRENGTH	CIRCUIT CAMP	STRENGTH			
6:30 pm	BEGINNER STEP	KICK BOXING	ZUMBA	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	
2:30 pm		CANCELLED FOR SUMMER		CANCELLED FOR SUMMER			
6:00 pm	CYCLE	CYCLE	CYCLE	CYCLE & SETS			

**Pool Pool Pool**

8:45-10:15	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		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 8:45 AM - 8:45pm  
Friday 8:45-6:00pm  
Saturday 8:45-12:00