



AQUA FITNESS

September 26th– October 9th

Day	Time	Class	Instructor	Pool
Monday	8:00AM-8:45AM	Splash II	Bill F	Family Pool
	9:00AM-9:45AM	Splash II	Michele A	Family Pool
	*** 10:00AM-10:45AM	Water Cycle	Nancy M	Temporarily canceled
	12:00PM-12:55PM	Splash I	Adriana M	Family Pool
Tuesday	6:30AM-7:25AM	Water Boot Camp	Vanya S	Family Pool
	8:00AM-8-55AM	Beginner Hydro Shred	Vanya S	Family Pool
	*** 9:00AM-9:55AM	Deep Water	Michele A	Temporarily canceled
	9:00AM- 10:00AM	LiveStrong	Barb M	Family Pool
	10:00AM-10:55AM	Water Fit	Michele A	Family Pool
	*** 11:00AM-11:50AM	Water Cycle	Lori D	Temporarily canceled
	12:00PM-12:55PM	Water Core and Cardio	Sherry R	Family Pool
Wednesday	8:00AM-8:55AM	Splash I	Bill F	Family Pool
	9:00AM-9:55AM	Splash I	Marta H	Family Pool
	*** 9:00AM-10:00AM	Water Challenge	Michele M	Temporarily canceled
	*** 10:15AM-11:00AM	Water Cycle	Nancy M	Temporarily canceled
	12:00PM-12:55PM	Splash II	Adriana M	Family Pool
Thursday	6:30AM-7:25AM	Water Boot Camp	Vanya S	Family Pool
	8:00AM-8:55AM	Splash II	Vanya S	Family Pool
	9:05AM- 10:00AM	Water Toning	Vanya S	Family Pool
	*** 10:05AM-10:50AM	Water Cycle	Marta H	Temporarily canceled
	12:00PM-12:55PM	Water Core and Cardio	Sherry R	Family Pool
Friday	9:00AM-9:55AM	Water Bootcamp	Laura W	Family Pool
	10:00AM-10:55AM	Water Fit	Laura W	Family Pool
	*** 11:00AM-11:45AM	Water Cycle	Vickie E	Temporarily canceled
	1:00PM-2:00PM	Splash I	Cindy D	Family Pool
Saturday	8:00AM-8:55AM	Splash I	Bill/Rotation	Family Pool
	*** 9:00AM-9:45AM	Water Cycle	Nancy M	Temporarily canceled
Sunday	*** 10:30AM-11:15AM	Water Cycle	Todd T/Erica S	Temporarily canceled
	12:00PM-12:55PM	Water Core and Cardio	Sherry R	Family Pool

*** Land Class Alternatives to our temporarily canceled classes.

Monday	10:00AM-11:00AM	Forever Fit	Michele A	A/B Classroom
Tuesday	8:50AM-9:50AM	Gentle Yoga	Rebecca B	A/B Classroom
	9:15AM-10:15AM	Zumba	Kristen M	Group Exercise
	11:00AM-12:00PM	Barre	Alicia F	A/B Classroom
Wednesday	8:30AM-9:30AM	Moving w/Rhythm	Kathy M	A/B Classroom
	9:10AM-10:10AM	Stretch and Balance	Kathy M	A/B Classroom
Thursday	9:30AM-10:30AM	Zumba	Kristen M	Group Exercise
Friday	11:00AM-12:PM	Gentle Yoga	Fran R	A/B Classroom
Saturday	9:15AM-10:15AM	Stretch	Danielle S	Group Exercise
Sunday	10:00AM-11:00AM	Cycling	Danielle S	Cycle Room

FAMILY POOL HOURS

SEPTEMBER 26th-OCTOBER 9th

**Monday through Thursday:
7:30am-8:30pm***

**Friday:
7:30am-7:30pm**

**Saturday:
8:00am - 6:30pm***

**Sunday:
8:00am-6:30pm**

***Swim lessons will be offered during these times, so the pool will be sectioned accordingly to accommodate swim lessons and family swim.**