

May 2019 Group Exercise Schedule

Hours:
 Monday-Thursday 5 a.m.-10 p.m.
 Friday 5 a.m.-8 p.m.
 Saturday 6 a.m.-6 p.m.
 Sunday 7 a.m.-3 p.m.

■ Cardio ■ Strength ■ Mind/Body ■ Strength/Cardio Mix ■ Aquatics ■ Lap Pool ■ Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 Express Cycling Sara	5:15 H2O Fitness Andrea	5:15 Core/HIIT Mix * Emily/Andrea	5:15 Aqua Aerobics Amy	5:15 Aqua Aerobics Amy	6:30 Cycling
5:30 Osteopathic Yoga Bill	5:30 Tabata Megan	5:30 Bodypump Tracy	5:30 HIIT * Sandra	5:30 Cycling Ric	7:30 Super Saturday
8:00 Deep Impact Lucy	7:45 Bodypump Lisa	8:00 Deep Impact Lucy	5:30 Step It Up Tracy	5:30 Pound Megan	9:00 Aqua Class
8:00 Zumba Party Lisa	8:00 Water Volleyball	8:00 Balance Fit & Fun Maddie	7:00 Bodypump Lisa/Megan	7:00 LIIT/HIIT * Lisa	10:00 Yoga
9:00 Aqua Mix Lucy	8:15 Express CX Worx Lisa	9:00 Aqua Blast Lucy	8:00 Water Volleyball	8:00 TRX/Kettlebells * Lucy	(All Saturday classes rotate, see flyer in locker room for details.)
9:00 Vinyasa Flow Michael	9:00 Water Volleyball	9:00 Yoga Trudy	8:00 Mat Pilates Lucy	8:00 Zumba Party Elizabeth	
9:00 Tread Andrea	9:00 Drum Strength Lucy	9:00 Cross Training* Sandra	9:00 Water Volleyball	9:00 FuzeCraze Lucy	
10:00 Tai Chi Lucy	9:00 Cardio/Strength Mix Up * Emily	10:00 AF Aquatic Joni	9:00 Drum Strength Lucy	9:00 Yoga Trudy	* Denotes classes held in the TRX area.
10:00 Gentle Chair Yoga Trudy	10:00 Mat Pilates Lucy	10:00 Gentle Chair Yoga Trudy	9:00 Partner Intervals * Emily	10:00 AF Aquatic Joni	\$ Denotes classes with an additional fee. Please stop at the front desk to register and pay.
11:00 H2O Fitness Jan	11:00 Joint Health Jan	11:00 Aqua Tabata Joni	10:00 Mind-Body Yoga Michael	10:00 Flexibility Fit & Fun Lucy	All classes require an average of 5 attendees to remain on the schedule each month.
11:00 Tai Chi Trudy	11:00 Water Yoga Lucy	11:00 Tai Chi Trudy	10:00 Water Pilates Lucy	11:00 Aqua Wave Lucy	All classes are for every fitness level. Please speak with one of our trainers or instructors if modifications are needed.
			11:00 Aqua Mix Lucy	11:00 Cardio Sculpt Andrea	
			11:15 Joint Health Joni		
12:00 Joint Health with a Splash Jan	12:00 Deep Impact Jan	12:00 CX Worx Plus * Lucy	12:00 Cycling Lucy	12:00 Stroops and Foam Rolling Maddie/Tyler	Classes are 45 minutes in length, unless specified.
12:00 Strength Circuits Sandra	12:00 Cycling Andrea		12:15 Lower Your Blood Pressure Maddie/Sandra	12:00 Joint Health with a Splash Lucy	Express classes are 30 minutes.
	12:15 Lower Your Blood Pressure Maddie/Sandra				
5:00 Pool Party Corinne	5:00 Tabata Kickboxing Megan	4:00 Butts N Guts Ann	4:00 TRX * Megan		
5:00 Tabata Megan	5:00 H2O Fitness Jan	5:00 Aqua Aerobics Corinne	5:00 Aqua Bootcamp Corinne		
5:15 Cycling Ric	6:00 Relaxation Yoga Kathy	5:00 Kettlebells and More Sandra	5:00 Bodypump Megan		
6:00 Relaxation Yoga Kathy	6:00 Cycling/Core Megan	6:00 Cycling Sara	6:00 Zumba Elizabeth		
6:15 Express Cycling Ric	7:00 Butts N Guts Megan	6:10 Yoga Corinne			
7:00 Pound Megan					

See our lap swimming schedule on the back.