

GROUP FITNESS SCHEDULE

May 1 - May 31, 2017
AQUA CLASSES

DAY	CLASS (MIN)	INSTRUCTOR	POOL USED LP TP
MONDAY			
8:00 a.m.	Aqua Dynamics (50)	Sarah K.	2-3 lanes Half
9:30 a.m.	Aqua Zumba (45)	Jen	2-3 lanes Half
11:05 a.m.	Aqua Forever Fit (45)	Jen	2-3 lanes Half
6:00 p.m.	Aqua Zumba (45)	Leslie	2 lanes Half
7:00 p.m.	Aqua Tabata (45)	Livi	2 lanes Half
TUESDAY			
9:00 a.m.	Water in Motion (45)	Chris	2-3 lanes Half
10:00 a.m.	Aqua Fusion (40)	Chris	0 lanes Half
11:00 a.m.	Aqua Boot Camp (45)	Chris	2-3 lanes Half
6:00 p.m.	Aqua Tabata (45)	Livi	2 lanes Half
WEDNESDAY			
8:00 a.m.	Aqua Zumba (45)	Jen	2-3 lanes Half
11:00 a.m.	Aqua Forever Fit (45)	Chris	2-3 lanes Half
12:00 p.m.	Aqua Tai Chi & Qi Gong (30)	Chris	0 lanes Half
5:20 p.m.	Aqua Tabata Cardio (45)	Tina	2 lanes Half
6:10 p.m.	Aqua Zumba (45)	Leslie	2 lanes Half
7:00 p.m.	Aqua Pump (60)	Shaun	2 lanes Half
THURSDAY			
9:30 a.m.	Aqua Zumba (45)	Sarah H.	2 lanes Half
11:10 a.m.	Water in Motion (45)	Chris	2-3 lanes Half
5:45 p.m.	Aqua Tabata (45)	Maija	2 lanes Half
FRIDAY			
8:00 a.m.	Aqua Dynamics (50)	Sarah K.	2-3 lanes Half
9:00 a.m.	HydroFit (45)	Sarah K.	2-3 lanes Half
10:00 a.m.	Aqua Kickboxing (40)	Chris	2-3 lanes Half
11:00 a.m.	Aqua Forever Fit (45)	Chris	2-3 lanes Half
12:00 p.m.	Aqua Fusion (40)	Chris	0 lanes Half
5:30 p.m.	Aqua Bootcamp (45)	Emily	2-3 lanes Half
SATURDAY			
7:15 a.m.	Beach Ball Party (30)	NA	0 lanes Half
8:00 a.m.	Aqua Fit Mix (50)	Kristine	2-3 lanes Half
9:00 a.m.	Aqua Zumba (45)	Kristine	2-3 lanes Half
10 a.m.-1:25 p.m.	Group Swim Lessons*		1-2 lanes Half
1:30 - 5:00 p.m.	Member/Child Open Swim		1-2 lanes All
SUNDAY			
8:15 a.m.	Aqua Zumba (45)	Leslie	1-2 lanes Half
10 a.m.-1:25 p.m.	Group Swim Lessons*		1-2 lanes Half

LAP POOL *(Shading indicates group or private swim lessons or open swim)*

SUN	MON	TUE	WED	THU	FRI	SAT
8:15-9 am 1-2 lanes	8-11:50 am 2-3 lanes	9-11:50 am 2-3 lanes	8-8:45 am 2-3 lanes	9:30-10:15 am 2 lanes	8-11:50 am 2-3 lanes	8-9:45 am 2-3 lanes
10 am-1:25 pm 1-2 lanes			11 am - 1 pm 2-3 lanes			10 am - 1:25 pm 1-2 lanes
						1:30-5 pm 1-2 lanes
	4-9 pm 0-1 lane	4-9 pm 0-1 lane	4-9 pm 0-1 lane	4-9 pm 0-1 lane		
	5-8 pm 2 lanes	6-6:45 pm 1-2 lanes	5:20-8 pm 2 lanes	5-6:45 pm 1-2 lanes		

THERAPY POOL *(Shading indicates group or private swim lessons or open swim)*

SUN	MON	TUE	WED	THU	FRI	SAT
8:15-9 am 1/2 pool	8-11:50 am 1/2 pool	9-11:50 am 1/2 pool	8-8:45 am 1/2 pool	9:30-10:15 am 1/2 pool	8-11:50 am 1/2 pool	8-9:45 am 1/2 pool
10 am-1:25 pm 1/2 pool			11 am - 1 pm 1/2 pool			10 am - 1:25 pm 1/2 pool
						1:30-5 pm Entire pool
	4-9 pm 1/2 pool	4-9 pm 1/2 pool	4-9 pm 1/2 pool	4-9 pm 1/2 pool		
	5-8 pm 1/2 pool	6-6:45 pm 1/2 pool	5:20-8 pm 1/2 pool	5-6:45 pm 1/2 pool		

NOTES: Times in the pools are estimates and subject to change as class attendance changes. At any time, private lessons are permitted in either pool. Once class begins, no lane dividers should be removed. Sign-in is required for all group classes at kiosk near front desk. Please arrive 15 minutes early to class to make time for check-in and class ticket collection. We reserve the right to adapt the schedule at any time. New classes are bold, italicized and capitalized. There is limited use of jets in Therapy Pool during swim lessons and classes (use is determined at the discretion of the instructor or life guard). 🚩 Flagged classes are at risk of being cancelled due to low attendance. *Signifies Class of the Month. **POOL DETAILS:** Therapy & Lap Pool both range from 3'6"-5'0" | Lap Pool = 4 lanes, 82 degrees, 25 yards (72 lengths/36 laps = 1 mile) | Therapy Pool = 90 degrees.