

GROUP FITNESS SCHEDULE July 1 - July 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 Full
6:00 p.m.	Aqua Zumba (45)	Leslie	1 lane Half
7:00 p.m.	Aqua Tabata (45)	Livi	1 lane 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 Full
WEDNESDAY			
8:00 a.m.	Aqua Zumba (45)	Jen	2-3 lanes Half
11:05 a.m.	Aqua Forever Fit (45)	Chris	2-3 lanes Full
6:00 p.m.	Aqua Zumba (45)	Leslie	1 lane Half
7:00 p.m.	Aqua Pump (60)	Shaun	1 lane Half
THURSDAY			
11:00 a.m.	Water in Motion (45)	Chris	1 lane Half
5:45 p.m.	Aqua Tabata (45)	Maija	1 lane Half
FRIDAY			
8:30 a.m.	Aqua Dynamics (50)	Sarah K.	2-3 lanes Half
10:00 a.m.	Aqua Fusion (40)	Chris	0 lanes Full
11:05 a.m.	Aqua Forever Fit (45)	Chris	2-3 lanes Full
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	1 lane 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			
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
	8-11:50 am 2-3 lanes	9-9:45 am 2-3 lanes	8-8:45 am 2-3 lanes	9:30-10:15 am 2 lanes		8-8:30 am 2-3 lanes
				11:10-11:55 am 1 lane		9-9:45 am 1 lane
10 am-1:25 pm 1-2 lanes			11-11:50 am 2-3 lanes		8:30-9:20 am 2-3 lanes	10 am - 1:25 pm 1-2 lanes
					11:05-11:50 am 2-3 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		
	6-8 pm 1 lane		6-8 pm 1 lane	5:45-6:30 pm 1 lane		

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

SUN	MON	TUE	WED	THU	FRI	SAT
	8-11:50 am 1/2 - Full	9-10:40 am 1/2 - Full	8-8:45 am 1/2 pool	11-11:45 am 1/2 pool		8-9:45 am 1/2 pool
10 am-1:25 pm 1/2 pool			11-11:50 am Full pool		8:30-9:20 am 1/2 pool	10 am - 1:25 pm 1/2 pool
					10-10:40 am Full pool	
					11:05-11:50 am Full 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		
	6-8 pm 1/2 pool		6-8 pm 1/2 pool	5:45-6:30 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.** *COTM - 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.