

GROUP FITNESS SCHEDULE • JANUARY 2019 • LAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00am • Spinning Laura • Studio C	5:15 - 5:45am • Sprint™ Heather • Studio C	5:15 - 6:00am • RPM™ Fernando • Studio C	5:15 - 6:00am • BodyAttack™ Rose • Studio B	5:15 - 6:00am • Spinning Heather • Studio C	7:00 - 7:55am • BodyCombat™ Amy • Studio A/B
5:15 - 6:15am • BodyPump™ Thu Van • Studio A	5:15 - 6:05am • Insanity Amy • Studio B	5:15 - 6:10am • BodyCombat™ Amy • Studio A/B	5:15 - 5:45am • Grit™ Strength Amy • Studio A	5:15 - 6:15am • BodyPump™ Laura • Studio A	7:15 - 8:00am • RPM™ Kevin • Studio C
5:15 - 6:00am • Total Body Fitness Rose • Studio B	5:15 - 5:45am • Grit™ Strength Stacy • Studio A	5:15 - 6:00am • BodyFlow® Thu Van • Studio D	5:15 - 5:45am • Sprint™ Fernando • Studio C	5:15 - 6:00am • Total Body Fitness Rose • Studio B	8:15 - 9:15am • Strength Training Melissa • Studio A/B
8:30 - 9:15am • Jillian Michaels Bodyshred Jen D • Studio A/B	8:15 - 9:05am • Zumba® Toning Mary Jo • Studio A	8:15 - 9:15am • Strength Training Jeremy • Studio A/B	8:15 - 9:15am • Zumba® Toning Mary Jo • Studio A	5:15 - 6:15am • Yoga Renee • Studio D	8:15 - 9:00am • Spinning Joe • Studio C
8:30 - 9:15am • RPM™ Jen C • Studio C	8:15 - 9:15am • Strength Training Melissa • Studio B	9:30 - 10:15am • Spinning Joe • Studio C	8:15 - 9:15am • Strength Training Melissa • Studio B	8:30 - 9:15am • Jillian Michaels Bodyshred Jen D • Studio A/B	8:15 - 9:15am • Yoga Mary Jo • Studio D
9:30 - 10:30am • BodyPump™ Kat • Studio A/B	9:15 - 10:00am • Zumba® Gold Mary Jo • Studio D	9:30 - 10:30am • Yoga Greg • Studio D	9:30 - 10:00am • Sprint™ Donna • Studio C	8:30 - 9:15am • RPM™ Jen C • Studio C	9:30 - 10:00am • Sprint™ Heather • Studio C
10:45 - 11:35am • Zumba® Mary Jo • Studio A	9:30 - 10:15am • Spinning Jen D • Studio C	9:30 - 10:30am • Zumba® Kat L • Studio A/B	9:30 - 10:25am • BodyFlow® Kim • Studio A/B	9:30 - 10:30am • BodyPump™ Diane • Studio A/B	9:30 - 10:30am • Zumba® Mary Jo • Studio A/B
10:45 - 11:35am • Core Chair Yoga Zana • Studio B	9:30 - 10:30am • BodyFlow® Donna • Studio A/B	10:45 - 11:45am • Yoga Zana • Studio A/B	9:30 - 10:10am • Zumba® Gold Mary Jo • Studio D	10:45 - 11:40am • Zumba® Dana/Cilla • Studio A/B	10:15 - 10:45am • CXWorx™ Heather • Studio D
11:00 - 11:30am • Sprint™ Donna • Studio C	10:15 - 10:45am • CXWorx™ Diane • Studio D	12:00 - 12:55pm • BodyPump™ Donna • Studio A	10:15 - 10:45am • CXWorx™ Donna • Studio D	1:00 - 1:45pm • SilverSneakers Classic Pat • Studio A/B	10:45 - 11:40am • BodyAttack™ Debbie • Studio A/B
11:45am - 12:45pm • BodyPump™ Pam • Studio B	10:45 - 11:30am • Step Pam • Studio A/B	12:00 - 12:50pm • Core Chair Yoga Zana • Studio B	10:45 - 11:45am • Beginner Yoga Mary Jo • Studio A	4:45 - 5:15pm • CXWorx™ Debbie • Studio A/B	
12:00 - 12:55pm • Yoga Zana • Studio A	1:00 - 2:00pm • SilverSneakers Yoga Mary Jo • Studio A/B	1:00 - 1:45pm • Senior Cardio & Strength Mary Jo • Studio A/B	10:45 - 11:15am • BodyAttack™ Pam • Studio B	5:30 - 6:25pm • Zumba® Trey • Studio A/B	
1:00 - 1:45pm • SilverSneakers Classic Mary Jo • Studio A/B	4:15 - 5:15pm • Beginner Yoga Zana • Studio A/B	4:45 - 5:40pm • BodyAttack™ Laura • Studio A/B	1:00 - 1:45pm • SilverSneakers Yoga Pat • Studio A/B	5:45 - 6:15pm • RPM™ Kevin • Studio C	7:15 - 7:45am • Sprint™ Cari • Studio C
4:30 - 5:00pm • BodyAttack™ Debbie • Studio A/B	5:15 - 5:45pm • Rock Bottom Hard Core Jen D • Studio D	5:30 - 6:25pm • Yoga Lisa • Studio D	5:15 - 6:00pm • Rock Bottom Hard Core Melissa • Studio B	6:30 - 7:15pm • BodyPump™ Kevin • Studio A/B	8:00 - 9:00am • BodyPump™ Kevin • Studio A/B
5:00 - 5:30pm • CXWorx™ Debbie • Studio A/B	5:30 - 6:25pm • BodyCombat™ Cari • Studio A/B	5:30 - 6:15pm • Spinning Jane • Studio C	5:45 - 6:15pm • Sprint™ Heather • Studio C		9:15 - 10:15am • Yoga Greg • Studio D
5:30 - 6:15pm • Spinning Jane • Studio C	5:30 - 6:15pm • RPM™ Kevin • Studio C	5:45 - 6:45pm • BodyPump™ Kevin • Studio A/B	6:30 - 7:15pm • RPM™ Ryan • Studio C		9:15 - 10:00am • RPM™ Jana • Studio C
5:45 - 6:45pm • BodyPump™ Diane • Studio A/B	6:00 - 6:45pm • Yoga Zana • Studio D	6:30 - 7:15pm • Spinning Ken • Studio C	6:30 - 7:30pm • BodyCombat™ Eric F • Studio A/B		9:15 - 10:10am • BodyCombat™ Cari • Studio A/B
6:30 - 7:15pm • Spinning Ken • Studio C	6:30 - 7:15pm • Total Body Fitness Debbie • Studio A/B	7:00 - 8:00pm • Zumba® Eric/ Jenn C • Studio A/B			10:30 - 11:15am • Rock Bottom Hard Core Merissa • Studio A/B
7:00 - 8:00pm • Zumba® Kat L/ Jenn C • Studio A/B	6:45 - 7:15pm • Sprint™ Cari • Studio C				
8:15 - 9:10pm • BodyFlow® Kim • Studio A/B	7:30 - 8:00pm • CXWorx™ Debbie • Studio D				

SUNDAY
7:15 - 7:45am • Sprint™ Cari • Studio C
8:00 - 9:00am • BodyPump™ Kevin • Studio A/B
9:15 - 10:15am • Yoga Greg • Studio D
9:15 - 10:00am • RPM™ Jana • Studio C
9:15 - 10:10am • BodyCombat™ Cari • Studio A/B
10:30 - 11:15am • Rock Bottom Hard Core Merissa • Studio A/B

Group Swim Lesson times are estimates and subject to change as attendance changes. At any time, private lessons are permitted in either pool. Once class begins, no land dividers should be removed. Sign-in is required for all group swim 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. 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). 🚩 Classes are flagged to help increase attendance.

POOLS: Therapy and Lap Pool depths range from 3'6" - 5'0". Therapy Pool is 90°F. Lap Pool is 4 lanes, 82°F, 25 yards (72 lengths/36 laps = 1 mile).