

GROUP FITNESS SCHEDULE • FEBRUARY 2019 • LAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00am • Spin 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 • Spin 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 A/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	8:15 - 9:05am • Zumba® Toning Mary Jo • 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 Bodys shred Jen D • Studio A/B	8:15 - 9:15am • Strength Training Melissa • Studio B	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 • Spin Joe • Studio C
8:30 - 9:15am • RPM™ Jen C • Studio C	9:15 - 10:00am • Zumba® Gold Mary Jo • Studio D	9:30 - 10:15am • Spin Joe • Studio C	8:15 - 9:15am • Strength Training Melissa • Studio B	8:30 - 9:15am • Jillian Michaels Bodys shred Jen D • Studio A/B	8:15 - 9:15am • Yoga Mary Jo • Studio D
9:30 - 10:30am • BodyPump™ Kat • Studio A/B	9:30 - 10:15am • Spin Jen D • Studio C	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 - 10:30am • BodyFlow® Donna • Studio A/B	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 • Chair Yoga Zana • Studio B	10:15 - 10:45am • CXWorx™ Diane • Studio D	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	10:45 - 11:30am • Step Pam • Studio A/B	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	1:00 - 2:00pm • SilverSneakers Yoga Mary Jo • Studio A/B	12:00 - 12:50pm • 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	4:15 - 5:15pm • Beginner Yoga Zana • Studio A/B	1:00 - 1:45pm • Senior Cardio & Strength Mary Jo • Studio A/B	10:45 - 11:15am • Step Pam • Studio B NEW class	5:30 - 6:25pm • Zumba® Trey • Studio A/B	
1:00 - 1:45pm • SilverSneakers Classic Mary Jo • Studio A/B	5:15 - 5:45pm • Rock Bottom Hard Core Jen D • Studio D	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	5:30 - 6:25pm • BodyCombat™ Cari • Studio A/B	5:30 - 6:25pm • Yoga Lisa • Studio D	5:15 - 6:00pm • Rock Bottom Hard Core Melissa • Studio A/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 - 6:15pm • RPM™ Kevin • Studio C	5:30 - 6:15pm • Spin Jane • Studio C	5:45 - 6:15pm • Sprint™ Heather • Studio C		9:15 - 10:15am • Yoga Greg • Studio D
5:30 - 6:15pm • Spin Jane • Studio C	6:00 - 6:45pm • Yoga Zana • Studio D	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	6:30 - 7:15pm • Total Body Fitness Debbie • Studio A/B	6:30 - 7:15pm • Spin 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	6:45 - 7:15pm • Sprint™ Cari • Studio C	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	7:30 - 8:00pm • CXWorx™ Debbie • Studio D				
8:15 - 9:10pm • BodyFlow® Kim • Studio A/B					

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).