

GROUP FITNESS SCHEDULE • MARCH 2019 • LAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00am • RPM™ Fernando • Studio C NEW class	5:15 - 5:45am • Sprint™ Heather • Studio C	5:15 - 6:10am • BodyCombat™ Amy • Studio A/B	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 • GRIT™ Cardio NEW class Amy • Studio A/B	8:15 - 9:15am • Strength Training Jeremy • Studio A/B	5:15 - 5:45am • GRIT™ Strength Amy • Studio A	5:15 - 6:00am • Total Body Fitness Rose • Studio A/B	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	9:30 - 10:15am • Spin® Joe • Studio C	5:15 - 5:45am • Sprint™ Fernando • Studio C	5:15 - 6:15am • Yoga Renee • Studio D 🚩	8:15 - 9:15am • Strength Training Melissa • Studio A/B
8:30 - 9:15am • Jillian Michaels BODYSHRED™ Jen D • Studio A/B	8:15 - 9:15am • Strength Training Melissa • Studio B	9:30 - 10:30am • Yoga Greg • Studio D	8:15 - 9:15am • Zumba® Toning Mary Jo • Studio A	8:30 - 9:15am • Jillian Michaels BODYSHRED™ Jen D • Studio A/B	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 - 10:30am • Zumba® Kat L • Studio A/B	8:15 - 9:15am • Strength Training Melissa • Studio B	8:30 - 9:15am • RPM™ Jen C • Studio C	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	10:45 - 11:45am • Yoga Zana • Studio A/B	9:30 - 10:00am • Sprint™ Donna • Studio C	9:30 - 10:30am • BodyPump™ Diane • Studio A/B	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	12:00 - 12:55pm • BodyPump™ Donna • Studio A	9:30 - 10:25am • BodyFlow® Kim • Studio A/B	10:45 - 11:40am • Zumba® Dana/Cilla • 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	12:00 - 12:50pm • Chair Yoga Zana • Studio B	9:30 - 10:10am • Zumba® Gold Mary Jo • Studio D	1:00 - 1:45pm • SilverSneakers Classic Pat • 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	1:00 - 1:45pm • Senior Cardio & Strength Mary Jo • Studio A/B	10:15 - 10:45am • CXWorx™ Donna • Studio D	5:30 - 6:25pm • Zumba® Trey • 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	5:30 - 6:25pm • Yoga Lisa • Studio D	10:45 - 11:45am • Beginner Yoga Mary Jo • Studio A	5:45 - 6:15pm • RPM™ Kevin • Studio C	
12:00 - 12:55pm • Yoga Zana • Studio A	4:15 - 5:15pm • Beginner Yoga Zana • Studio A/B	5:30 - 6:15pm • Spin® Jane • Studio C	11:00 - 11:30am • Step NEW time Pam • Studio B	6:30 - 7:15pm • BodyPump™ Kevin • Studio A/B	<h2>SUNDAY</h2>
1:00 - 1:45pm • SilverSneakers Classic Mary Jo • Studio A/B	5:15 - 5:45pm • Rock Bottom Hard Core 🚩 Jen D • Studio D	5:45 - 6:45pm • BodyPump™ Kevin • Studio A/B	1:00 - 1:45pm • SilverSneakers Yoga Pat • Studio A/B		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	6:30 - 7:15pm • Spin® Ken • Studio C	5:15 - 6:00pm • Rock Bottom Hard Core Melissa • 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	7:00 - 8:00pm • Zumba® Eric/Jenn C • Studio A/B	5:45 - 6:15pm • Sprint™ Heather • Studio C		9:15 - 10:15am • Yoga Greg • Studio D
5:30 - 6:15pm • Spin® Jane • Studio C	6:30 - 7:15pm • Yoga NEW time Zana • 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 - 7:00pm • CXWorx™ NEW class Debbie • Studio D		6:30 - 7:30pm • BodyCombat™ Eric F • Studio A/B		9:15 - 10:10am • BodyCombat™ Cari • Studio A/B
6:30 - 7:15pm • Spin® Ken • Studio C	6:45 - 7:15pm • Sprint™ 🚩 Cari • Studio C				10:30 - 11:15am • Rock Bottom Hard Core Merissa • Studio A/B
7:00 - 8:00pm • Zumba® Kat L/Jenn C • Studio A/B					
8:15 - 9:10pm • BodyFlow® Kim • 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).