

GROUP FITNESS SCHEDULE • APRIL 2019 • WATER

MONDAY

8:00 - 8:45am • **Aqua Cardio**
Jenn • 2-3 Lanes/Half

9:30 - 10:15am • **Aqua Zumba®**
Jenn • 2-3 Lanes/Half

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

5:00 - 5:45pm • **Aqua Tabata**
Abby • 1 Lane/Half NEW
time

6:00 - 6:45pm • **Aqua Zumba®**
Leslie • 1 Lane/Half

TUESDAY

10:00 - 10:45am • **Aqua Cardio & Strength**
Jeremy • 2-3 Lanes/Full

5:45 - 6:30pm • **Aqua Tabata**
Abby • 1 Lane/Half

WEDNESDAY

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

6:00 - 6:45pm • **Aqua Zumba®**
Leslie • 1 Lane/Half

THURSDAY

10:00 - 10:45am • **Aqua Tabata**
Audra • 2-3 Lanes/Full

FRIDAY

8:00 - 8:45am • **Aqua Zumba®**
Jenn • 2-3 Lanes/Half

9:00 - 9:45am • **Aqua Cardio**
Jenn • 2-3 Lanes/Half

11:45am - 12:30pm • **Aqua Cardio**
Daljim • 2-3 Lanes/Full

SATURDAY

7:15 - 7:45am • **Beach Ball Party**
N/A • 0 Lanes/Half

9:00 - 9:45am • **Aqua Zumba®**
Leslie • 1 Lane/Half

10am - 1:25pm • **Group Swim Lessons***
Various • 1-2 Lanes/Half

1:30 - 5:00pm • **Open Swim**
N/A • 1-2 Lanes/All

SUNDAY

10am - 1:25pm • **Group Swim Lessons***
Various • 1-2 Lanes/Half

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 lane 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).