

GROUP FITNESS SCHEDULE • SEPTEMBER 2019 • LAND

MONDAY

5:15 - 6:15am • BodyPump™ Thu Van • Studio A
5:15 - 6:00am • Total Body Fitness Rose • Studio B
8:30 - 9:15am • RPM™ Jen C • Studio C
8:30 - 9:15am • Total Body Fitness Melissa • Studio A/B NEW class
9:30 - 10:30am • BodyPump™ Kat • Studio A/B
10:45 - 11:30am • Zumba® Mary Jo • Studio A
10:45 - 11:30am • Chair Yoga Zana • Studio B
12:00 - 1:00pm • Yoga Zana • Studio A/B
1:15 - 2:00pm • SilverSneakers Classic Mary Jo • Studio A/B
5:45 - 6:45pm • BodyPump™ Kimberly • Studio A/B
6:00 - 6:45pm • Spin® Jane • Studio C
7:00 - 8:00pm • Zumba® Kat L/ Jenn C • Studio A/B
8:15 - 9:10pm • BodyFlow® Kim • Studio A/B

TUESDAY

5:15 - 5:45am • Sprint™ Heather • Studio C
5:15 - 6:00am • BodyAttack™ Amy/Rose • Studio A/B
8:15 - 9:05am • Zumba® Toning Mary Jo • Studio A
8:15 - 9:15am • Strength Training Melissa • Studio B
9:15 - 10:00am • Zumba® Gold Mary Jo • Studio D
9:30 - 10:15am • Spin® Ken • Studio C
9:30 - 10:15am • BodyFlow® Donna • Studio A/B
10:30 - 11:00am • Rock Bottom Hard Core Melissa • Studio A/B
1:15 - 2:15pm • SilverSneakers Yoga Mary Jo • Studio A/B
4:15 - 5:15pm • Beginner Yoga Zana • Studio A/B
5:30 - 6:25pm • BodyCombat™ Cari • Studio A/B
5:30 - 6:15pm • RPM™ Kevin • Studio C
6:30 - 7:15pm • Yoga Zana • Studio A/B
6:30 - 7:00pm • CXWorx™ Debbie • Studio D

WEDNESDAY

5:30 - 6:00am • CXWorx™ Jana • Studio A/B
8:15 - 9:15am • Strength Training Jeremy • Studio A/B
9:30 - 10:15am • Spin® Joe • Studio C
9:30 - 10:30am • Yoga Greg • Studio D
9:30 - 10:30am • Zumba® Kat L • Studio A/B
10:45 - 11:45am • Yoga Zana • Studio A/B
12:00 - 12:55pm • BodyPump™ Donna • Studio A
12:00 - 12:45pm • Chair Yoga Zana • Studio B
1:15 - 2:00pm • Senior Cardio & Strength Mary Jo • Studio A/B
5:30 - 6:25pm • Yoga Lisa • Studio D
5:45 - 6:45pm • BodyPump™ Kevin • Studio A/B
6:00 - 6:45pm • Spin® Ken • Studio C
7:00 - 8:00pm • Zumba® Eric/Jenn C • Studio A/B

THURSDAY

5:15 - 5:45am • BodyAttack™ Rose • Studio A/B
5:15 - 5:45am • Sprint™ Fernando • Studio C
8:15 - 9:15am • Zumba® Toning Mary Jo • Studio A
8:15 - 9:15am • Strength Training Melissa • Studio B
9:30 - 10:00am • Sprint™ Donna • Studio C
9:30 - 10:25am • BodyFlow® Kim • Studio A/B
9:30 - 10:10am • Zumba® Gold Mary Jo • Studio D
10:15 - 10:45am • CXWorx™ Donna • Studio D
10:45 - 11:45am • Beginner Yoga Mary Jo • Studio A/B
1:00 - 1:45pm • SilverSneakers Yoga Pat • Studio A/B
5:30 - 6:15pm • Total Body Fitness Ann • Studio A/B
5:45 - 6:15pm • Sprint™ Heather • Studio C
6:30 - 7:15pm • RPM™ Ryan/Fernando • Studio C

FRIDAY

5:15 - 6:00am • Spin® Heather • Studio C
5:15 - 6:00am • Total Body Fitness Rose • Studio A/B
8:30 - 9:15am • Step Cilla • Studio A/B
8:30 - 9:15am • RPM™ Jen C • Studio C
9:30 - 10:30am • BodyPump™ Kevin • Studio A/B
1:00 - 1:45pm • SilverSneakers Classic Pat • Studio A/B
5:30 - 6:15pm • Zumba® Trey • Studio A/B
5:45 - 6:15pm • RPM™ Ryan • Studio C
6:30 - 7:15pm • BodyPump™ Sarah • Studio A/B

SATURDAY

7:00 - 7:55am • BodyCombat™ Amy • Studio A/B
8:15 - 9:15am • Strength Training Melissa • Studio A/B
8:15 - 9:00am • Spin® Joe • Studio C
8:15 - 9:15am • Yoga Mary Jo • Studio D
9:30 - 10:00am • Sprint™ Heather • Studio C
9:30 - 10:30am • Zumba® Mary Jo • Studio A/B
10:15 - 10:45am • CXWorx™ Heather • 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 - 10:10am • BodyCombat™ Cari • Studio A/B
9:15 - 10:00am • RPM™ Kevin • Studio C NEW class

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).