







March | April | May | 2020

Group Fitness & Aquatic Schedule

HOURS OF OPERATION
 Monday - Friday 5 am - 8 pm
 Saturday 8 am - 2 pm
 Sunday 1 pm - 5 pm

| | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | |
|--------------------------|------------|---|---|--|---|--|---|---|---|--|----------|---|--|--|
| TIME | | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | |
| MORNING | 5:05 am | SPIN/CORE exercise program Sarah (60 min) A | | GROUP Rx: WAR Video Studio (55 min) | | | | | | Sculpting Susie (55min) A | | | | |
| | 8:15 am | STEP & Tone Julie (45 min) A | | SPIN exercise program Chrissy (45 min) A | | Beginner Sculpting Tina (45 min) A | | SPIN & ABS Chrissy (50 min) A | | GROUP Rx: Step Video Studio (55 min) | | | | |
| | 8:30 am | | | | Silver AQUACISE Andrea (60 min) | | Aqua Body Conditioning Andrea (60min) | | Silver AQUACISE Andrea (60 min) | | | | | |
| | 9:00 am | | | Sculpting Chrissy (55 min) A | | | | | | | | | | |
| | 9:15 am | Seated Aerobics Kenzie (60 min) A | Aqua Body Conditioning Julie (60 min) | | | Seated Aerobics Tina (60 min) A | | | | Seated Aerobics Tina (60 min) A | | |  ZUMBA 9:30am fitness Natesha (60min) A Yin/Slow Flow | |
| | 9:30 am | | | INTRO to Weight Room Fit Staff (45 min) | |  ZUMBA fitness Natesha (60min) S | | | | | | YOGA Barbara/Kristi (60min) S | | |
| | 11:00 noon | | Hydro Power Tina (60 min) | | | | Hydro Power Tina (60 min) | | | | | | | |
| | 11:30 am | | | Line Dancing Natesha(30min) A | | | | | | | | | | |
| AFTERNOON/EVENING | 12:00 noon | SPINNING: Burn Video Studio (70 min) | | | | SPINNING: Vegas Video Studio (65 min) | | | | SPINNING: Cali Ride Video Studio (65min) | | | ** MONDAYS 5pm - alternate HIIT/SPARBO every other Monday. March 2 = HIIT | |
| | 4:30 pm | | | SPIN exercise program Sheilah (45 min)A | | | | | | | | | *1st & 3rd Thurs - Slow Flow Yoga 2nd Thurs - Restorative Yoga Last Thurs - Yin Yoga | |
| | 4:45 pm |  SPEED N STRENGTH Crystal (45 min) T | | | | |  SPEED N STRENGTH Fit Staff (45 min) T | | | Basic Step Video Studio (30 min) | | | AGE REQUIREMENTS: 1. Tween Classes 9-13 years old 2. Aerobic Class participants must be 12 years of age or older. Parent/guardian must attend class with 12-13 year olds | |
| | 5:00 pm | **HIIT/ SPARBO Sarah/Sheilah (50 min)A | | | | | | | HIIT Lauren (50min) A | | | | MARCH 4 Member Appreciation Gumbo - Aerobic Rm classes move to court 1 | |
| | 5:30 pm | | | Sculpting Sheilah (55 min) A | | | | | | | | | EASTER Friday April 10 5am-8pm NO classes/Kid Zone closed Saturday April 11 8am-2pm NO classes/Kid Zone closed Sunday April 12 CLOSED | |
| | 6:00 pm | SPIN/CORE exercise program Sarah (60 min) A | | | | | | | | | | | MAY 16 - NO CLASSES | |
| | 6:00 pm | HATHA YOGA Marissa (60min) S | | | | Aqua Fit Xtreme Julie (60 min) | YIN YOGA Barbara (60min) S | | YOGA* Kristi (60min) S | Aqua Fit Xtreme Andrea (60 min) | | | MEMORIAL DAY Monday May 25 5am-8pm NO classes/Kid Zone closed | |
| | 6:30 pm | | |  ZUMBA fitness Jakoby(60min) A | | |  ZUMBA fitness Elizabeth(60min)A | | | | | | | |

Room #s

Where are the classes?
 A= Room #130 aerobic room
 S= Room #150 studio room
 T= indoor track