





October 12-31, 2020

Group Fitness & Aquatic Schedule

HOURS OF OPERATION
 Monday - Friday 8 am - 6 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	8:15 am	STEP & Tone Julie (45 min) A		SPIN exercise program Chrissy (45 min) A		Beginner Sculpting Sarah (45 min) A		SPIN & ABS Chrissy (50 min) A		STEP & Tone Julie (45 min) A				
	8:30 am				Silver AQUACISE Andrea (60 min)		Aqua Body Conditioning Andrea (60min)		Silver AQUACISE Andrea (60 min)					
	9:15 am	Seated Aerobics Crystal (60 min) A	Aqua Body Conditioning Julie (60 min)	Sculpting Chrissy (45 min) A		Seated Aerobics Crystal (60 min) A				Seated Aerobics Crystal (60 min) A	Aqua Body Conditioning Julie (60 min)	 ZUMBA fitness Natesha (60min)A		
	9:30 am				 ZUMBA fitness Natesha (60min) S							YOGA Barbara/Kristi/Marisa (60min)S		
AFTERNOON/EVENING	12:00 noon		Hydro Power Crystal (60 min)				Hydro Power Crystal (60 min)							
	4:00 pm			SPIN exercise program Sheilah (45 min) A										
	4:15 pm	SPIN exercise program Sarah (45 min) A												
	4:30 pm				Aqua Fit Xtreme Andrea (60min)				Aqua Fit Xtreme Andrea (60min)					
	4:45 pm					Yin YOGA Barbara (60min) A		Slow Flow YOGA Kristi (60min) S						
	5:00 pm		Hatha YOGA Marissa (50min) S		Sculpting Sheilah (50 min) A									
					 ZUMBA fitness Adriana (50min) S				 ZUMBA fitness Elizabeth (50min) A					
5:15 pm	Glute & Core Sarah (30 min) A													

Room #s

Where are the classes?
 A= Room #130 aerobic rm
 S= Room #150 studio classroom
 T= Upstairs Track

AGE REQUIREMENTS:
 Aerobic Class participants must be 12 years of age or older. Parent/guardian must attend class with 12-13 year olds.

ANNOUNCEMENTS
Kids Corner - ONLY on Mondays, Tuesdays & Thursdays, 4pm-6pm, ages 4-12, kids activities/games will be offered on basketball court 1
Basketball Court Use - must check out & return ball from fitness (ID required to check out equipment)
SPAR Basketball registration - begins October 1