

# April & May 2021







## 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	<b>SPIN/ABS</b> Sarah (60 min) A				<b>Circuit Training</b> Sarah (60min) A				<b>Sculpting</b> Susie (55min) A				
	8:15 am	<b>STEP &amp; Tone</b> Julie (45 min) A		<b>SPIN</b> exercise program Chrissy (45 min) A		<b>Beginner Sculpting</b> Sarah (45 min) A		<b>SPIN &amp; ABS</b> Chrissy (50 min) A		<b>STEP &amp; Tone</b> Julie (45 min) A				
	8:30 am				<b>Silver AQUACISE</b> Andrea (60 min)		<b>Aqua Body Conditioning</b> Andrea (60min)		<b>Silver AQUACISE</b> Andrea (60 min)					
	9:00 am			<b>Sculpting</b> Chrissy (55 min) A										
	9:15 am	<b>Seated Aerobics</b> Crystal C(60 min)A	<b>Aqua Body Conditioning</b> Julie (60 min)			<b>Seated Aerobics</b> Makayla (60 min) A				<b>Seated Aerobics</b> Crystal (60 min) A	<b>Aqua Body Conditioning</b> Julie (60 min)	 9:30am Natesha (60min) A		
	9:30 am					 Natesha (60min) S						<b>YOGA</b> Barbara/Kristi/Marissa (60min) S		
	11:30 am			<b>Line Dancing</b> Natesha(30min) A										
AFTERNOON/EVENING	12:00 noon	<b>SPINNING: Burn Video</b> Studio (70 min)	<b>Hydro Power</b> Crystal C(60 min)			<b>SPINNING: Vegas Video</b> Studio (65 min)	<b>Hydro Power</b> Crystal C(60 min)					Where are the classes? A= Room #130 aerobic room S= Room #150 studio room T= indoor track		
	4:30 pm			<b>SPIN</b> exercise program Sheilah (45 min)A								*1st & 3rd Thurs - Slow Flow Yoga 2nd Thurs - Restorative Yoga Last Thurs - Yin Yoga		
	4:45 pm	 Natesha (45 min) S												
	5:00 pm	<b>SPIN</b> Sarah (50 min) A						<b>HIGH fitness</b> Crystal S(60min) A 				<b>AGE REQUIREMENTS:</b> 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		
	5:30 pm			<b>Sculpting</b> Sheilah (55 min) A	<b>Aqua Fit Xtreme</b> Makayla (60 min)				<b>Aqua Fit Xtreme</b> Andrea (60 min)					
	5:55 pm	<b>Glute &amp; Core</b> Sarah (30 min) A											<b>EASTER</b> Friday April 2 5am-8pm NO classes/Kid Zone closed Saturday April 3 8am-2pm NO classes/Kid Zone closed Sunday April 4 CLOSED	
	6:00 pm	<b>HATHA YOGA</b> Marisa (60 min) S					<b>YIN YOGA</b> Barbara (60min) S		<b>YOGA*</b> Kristi (60min) S				<b>MEMORIAL DAY</b> Monday May 31 5am-8pm NO classes/Kid Zone closed	
	6:30 pm			 Adriana (60min) S					 Elizabeth(60min)A					