



# November & December 2023

## 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
<b>MORNING</b>	5:05 am	<b>SPIN &amp; ABS</b> Sarah (60min) A				<b>Circuit Training</b> Sarah (60min) A				<b>Sculpting</b> Susie (55min)A			
	8:15 am			<b>SPIN</b> Chrissy (45min) A		<b>Sculpting</b> Chrissy (45min) A		<b>SPIN</b> Chrissy (45 min) A		<b>Pilates</b> Hallie (45min) A			
	8:30 am				2 <b>Silver AQUACISE</b> Crystal (60 min)		3 <b>Aqua Body Conditioning</b> Linda (60min)		4 <b>Hydro Power</b> Crystal (60 min)				
	9:00 am			<b>Sculpting</b> Chrissy (45min) A				<b>Sculpting</b> Chrissy (45min) A					
	9:15 am	<b>Seated Aerobics</b> Fit Attd (60min) A	3 <b>Aqua Body Conditioning</b> Crystal (60min)			<b>Seated Aerobics</b> Crystal (60min) A				<b>Seated Aerobics</b> Crystal (60min) A	2 <b>Aqua Body Conditioning</b> Hallie (60min)		
	9:30 am											<b>Yin/Slow Flow YOGA*</b> Darla (60min) S	
	10:00 am							<b>Chair YOGA</b> Darla (60min) S					
<b>AFTERNOON/EVENING</b>	12:00 noon		4 <b>Hydro Power</b> Crystal (60min)				2 <b>Silver AQUACISE</b> Crystal (60min)						
	4:30 pm			<b>SPIN</b> Sheilah (45 min) A				<b>SPARbo</b> Sheilah (50min) A					
	5:00 pm	<b>Circuit Training</b> Cherry (45min) A				<b>Pilates</b> Hallie (45min) A							
	5:30 pm		3 <b>DEEP WATER</b> Debra (45min)	<b>Sculpting</b> Sheilah (50min) A	4 <b>Bootcamp Cajun Style</b> Debra (60min)			<b>Sculpting</b> Sheilah (50min) A	4 <b>Everything Noodles</b> Debra (60min)				
	6:00 pm	<b>Hatha YOGA</b> Marissa (50min) S				<b>Yin YOGA</b> Barbara (60min) S		<b>YOGA*</b> Kristi (60min) S					
	6:15 pm			 Adriana (60min) S									
	6:30 pm				2 <b>Aqua Therapy</b> Debra (60min)				2 <b>Aqua Therapy</b> Debra (60min)				

**Class Locations**  
 A = Aerobic Room #130  
 S = Studio/Class Room #150

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

2-4 Water Aqua Intensity Level

**Events**

Nov 8 Both basketball courts closed 4-8pm

Nov 11 indoor track, aerobic room, basketball & racquetball courts closed 8am-1pm

Nov 15-18 LHSAA State Swim Meet - NO water classes/ NO KidZone FRIDAY or SATURDAY

Nov 22 RAQC open 5am-8pm

Nov 23 RAQC CLOSED

Nov 24 RAQC open 8am-2pm NO classes/NO KidZone

Nov 25 8a-2p NO KidZone

Dec 22 Admin CLOSED

Dec 23 RAQC 8am-2pm NO KidZone

Dec 24 & 25 RAQC CLOSED

Dec 31 RAQC open 1-5pm

\*1st & 3rd Thurs-Slow Flow Yoga  
 2nd Thurs - Restorative Yoga  
 Last Thurs - Yin Yoga