



Cycle and Land BEGINS AUGUST 23RD

Land Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			Power Tone Andrea	Step Emily	Power Tone Andrea	321 Hiit Asha	
	6:10 AM		321 Hiit Andrea	Core Power Jenny N.	HiLo Power Jenny N.	Yoga Jenny N.	Power Tone Andrea	
	7:10 AM			Yoga Karina	Yoga Jenny S.			TurboKick Liz
	8:10 AM		Power Tone Torri	Zumba Leslie	Multi Step Liz	321 Hiit Liz	Yoga Sapientia	Power Tone Liz
	9:10AM		Barre Emily	Step Liz	Pilates/Barre Sheri	Zumba Leslie	HiLo Power Nicole	Step Kristi
	9:10AM Blue Gym			Recsanity Wendy (30 Minutes)		Recsanity Jenny N. (30 Minutes)	Power Tone Wendy	
	10:10 AM	10:00am 90 minute Yoga Mandy/Nettie	Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy	Zumba Tiffany	Zumba Patti
	10:10AM Blue Gym				Power Tone Ericka			
	11:10am		SilverSneakers Classic Christi	SilverSneakers Yoga Joani	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic Emily	Yoga Staff
	12:10pm			Line Dancing Joani		Tai Chi Connie		
	5:10pm		Yoga Misty		Power Tone Asha			
	6:10 PM		Zumba Katrina	Power Tone Melissa	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Nikke	Zumba Tiffany	Pilates Patti	HiLo Power Nicole		
	8:10 PM		Pilates Patti	Yoga Megan	Yoga Sapientia	Yoga Mandy		
	9:10 PM					Zumba Katrina		

KIDS (30minutes)		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30 PM		Kid Fitness (ages 5+) Christi Starts @ 4:15pm	Kid Fitness (ages 5+) Melissa				

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		X-Challenge Lavinia	Go the Distance Louise	Aqua Fit Patrice	Go the Distance Louise	X-Challenge Lavinia	
	6:00 AM Shallow		Push-it Louise	Aqua Fit Merlynn	Push-it Jana	Aqua Fit Merlynn	Push-it Kathleen	
	7:00AM Shallow	Fall Aqua Classes Start August 10th	PowerAquatics Julie B.	X-Challenge Patrice	Cardio Endurance Amber	Tabata-N-Tone Karina		
	8:00 AM Shallow		Aqua Cardio & Sculpt Annie	HiLo H2O Julie T.	Aqua Kickbox Julie B.	HiLo H2O Julie T.	Aqua Bootcamp Karina	8am Cardio Endurance- 1st & 2nd Staff X-Challenge- 3rd, 4th, 5th Lavinia
	9:00AM Deep		Aqua Tone Liz	Interval Training Catharine	Circuits Julie T.	Deep Fitness Steff/Lauri	Cardio Endurance Julie B.	
	9:00AM Shallow		SilverSneakers Splash Lauri	Aqua Zumba Linda	SilverSneakers Splash Steff/Liz	Aqua Zumba Linda	SilverSneakers Splash Annie	
	10:00 AM Shallow		Functional Fit Lauri	Float Fit Wendy	Functional Fit Steff/Lauri	Float Fit Emily	Functional Fit Lauri	
	8:00 PM Comp Shallow		Aqua Cardio Blast Rebecca	Fun Fitness Kim		Aqua Cardio Blast Rebecca	Location of Classes: Shallow: Leisure pool-lap lanes Deep: Competition pool deep end Comp. Shallow: Competition pool- shallow end	
	9:00 PM Deep			PowerAquatics Kim		30 min Cardio & Core Rebecca		
	9:15 PM Shallow			Float Fit Staff				

CYCLE 		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			Cycle Liz		Cycle Adrienne		
	7:00 AM				Cycle Karina			Cycle Janene
	8:10 AM							
	9:10 AM		Cycle Janene		Cycle Farron		Cycle Janene	
	10:15am		Pedal for Parkinsons Janene		Pedal for Parkinsons Farron		Pedal for Parkinsons Wendy	
	6:10 PM		Cycle Farron					
	7:10 PM					Cycle Farron		

CYCLE-Registration is available online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Reservations void at the start of class. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

Float Fit- Registration is available online up to 1 week in advance. Arrive at least 5 minutes early to secure your board.

Reservations may be given away at class time. Water bottles are encouraged.

Water Classes are located in the following locations: **Shallow:** Leisure pool lap lanes, **Deep:** Competition pool deep end, **Comp Shallow:** Competition pool shallow end

All instructors & formats are subject to change without notice. Some classes may be cancelled or added without notice.

For up to date info follow us on Facebook and Instagram.