

2019 GROUP FITNESS AND WATER FITNESS SCHEDULES

FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	POWER SCULPT 8:15 - 9:10am Marcy	MAT PILATES 8:15 - 9:10am Marcy/Lynnda	STRETCH FOR STRENGTH 8:15 - 9:15am Carol	STEP/PILATES 8:15 - 9:15am Marcy	POWER SCULPT & CORE 8:15 - 9:10am Marcy	STEP 8:00 - 8:55am Leesa/Marcy/Suzie
HIIT the BARRE 8:00-9:00am Mallory	STEP 9:15 - 10:00am Leesa/Marcy	CARDIO DANCE 9:15 - 10:00am Gail	BARRE FUSION 9:30 - 10:30am Lynnda/Amanda	CARDIO 9:30 - 10:15am Brenda	CARDIO BURN 9:15 - 10:00am Marcy	CARDIO/SCULPT 9:00 - 9:55am Brenda
	SCULPT 10:00 - 10:30am Leesa/Marcy	SCULPT 10:00 - 10:25am Gail		SCULPT 10:15 - 10:45am Brenda	SCULPT 10:00 - 10:30am Marcy	FLOW & RESTORE YOGA 10:00 - 10:55am Charlie/Ingrid
Stick Mobility Discount Cards- Member-\$72/6 Non-member-\$90/6classes. Drop-in	STRETCH FOR STRENGTH 10:45 - 11:45am Carol	DOUBLE STEP 10:30-11:30am Leesa		STRETCH for STRENGTH 11:00-11:55pm Carol	(\$) STICK MOBILITY 11:00-12:00pm Jennifer (pay instructor directly) Discount cards available at the front desk	(\$) STICK MOBILITY 10:15am (in Rock Wall) Bill/Jose Discount cards available at the front desk
Drop-ins Welcome in all classes when space available for non-members. Fee: \$10.00 (ALL Zumba - \$7)	HATHA YOGA 12:30 - 1:30pm Marion	CARDIO LITE 12:00 - 12:30pm SCULPT EXPRESS 12:30 - 1:00pm Lynnda	HATHA YOGA 12:30-1:30pm Susan	SIT & STAND FIT & FUN 12:00 - 1:00pm Lynnda		(\$) AXIAL DANCE Therapeutic Dance (In Racquet Ball Court) 10:30-10:55am Laura W.
Discount cards available for non-members, (not to be used for Fee based classes) \$65.00/10 classes		(\$) GENTLE YOGA 1:30-2:30pm Marion				BALLET & JAZZ (3-5yrs) 11:00-11:45am (FULL) (5-7yrs) 11:45-12:30pm (FULL) Laura W.
	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:00pm	12:30-1:30pm (8-10 yrs) 1:30-2:30pm(11-12 yrs) Laura W.
	(\$) AXIAL DANCE CONTEMPORARY DANCE (8-11 yrs) 4:45 -5:30pm Laura W.	ZUMBA TONING 4:30-5:25pm Millette	HIIT FUSION 4:30 - 5:25pm Andrea	ZUMBA TONING 4:30-5:25pm Millette	(\$) AXIAL DANCE HIP HOP 12-14yrs, 4:00-4:45PM 5-7yrs, 4:45-5:15 Laura Q.	COMPETITION TEAM (12+ Audition Only) 2:30-3:30pm Laura W.
(\$) Fee Required For fee-based classes. Register at Front Desk for member & non-member	CONTEMPORARY DANCE (12-15 yrs) 5:30 -6:25pm Laura W.	BARRE MIX 6:00 - 6:55pm Mallory	ZUMBA 5:45 - 6:40pm Justin		HIP HOP 8-11yrs, 5:15-5:55 Laura Q.	
	(\$) AXIAL DANCE POINTE/BALLET (12+ yrs) 6:30 -7:25pm Juliet P. style="color: green;"> (\$) ADULT DANCE CONDITIONING 7:30-8:30PM (IN Racquetball Ct) Juliet P	(\$) AXIAL DANCE TAP 5-7yrs, 5:30-6:15 8-10yrs, 6:15-7:00 Danielle H. (ALL CLASSES are in the XERGYM)	(\$) TAI CHI For ADULTS 6:45-7:40pm Paul		TGIF STRETCH & RELAX 6:00 - 7:00pm Carol	
	(\$) LINE DANCE 7:30-8:30PM Laurie	YOGA FLOW 7:00 - 8:00pm Karen		HATHA YOGA 7:00 - 8:00pm Aneta		

POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
	AQUAFIT 8:30 - 9:25am (members only)		AQUAFIT 8:30 - 9:25am (members only)		AQUAFIT 8:30- 9:25am (members only)	AQUA/ (\$) HYDROFIT 9:00-9:55am
	(\$) HYDROFIT 9:45-10:45am (deep end)	(\$) HYDROFIT 9:30-10:25am (deep end)	(\$) HYDROFIT 9:45-10:45am (deep end)	(\$) HYDROFIT 9:30-10:25am (deep end)	(\$) HYDROFIT 9:45-10:45am (deep end)	(\$) HYDROFIT 10:00-10:55am (deep end)
	AQUA/ (\$) HYDROFIT 8:00 - 9:00pm	AQUA/ (\$) HYDROFIT 8:00 - 9:00pm		AQUA/ (\$) HYDROFIT 8:00 - 9:00pm		Hydrofit/Aquafit Card - 10 visits Members: \$50 Non-Mem: \$80