

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/Lynnnda	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 Lynnnda/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 10:15am (in Rock Wall) Bill/Jose Discount cards for Sale at the front desk
Drop-ins Welcome in all classes when Space is available for non-memb.Fee:10.00 (Zumba - \$7)	HATHA YOGA 12:30 - 1:30pm Marion	CARDIO LITE SCULPT EXPRESS 12:30 - 1:00pm Lynnnda	HATHA YOGA 12:30-1:30pm Susan	SIT & STAND FIT & FUN 12:00 - 1:00pm Lynnnda		(\$) AXIAL DANCE Therapeutic Dance (Racquet Ball Court) 10:00-10:55am Laura W.
		(\$) GENTLE YOGA 1:30-2:30pm Marion				BALLET & JAZZ 11:00-11:45am(3-5yr) (FULL) 11:45-12:30pm(5-7yr) (FULL) 12:30-1:30pm8-10yrs 1:30-2:30pm(11-12yrs)
Discount cards available for non-members, not for Fee based classes) \$65.00/10 classes	SWIM TEAM 3:15-4:30pm (\$) AXIAL DANCE Therapeutic Dance (Racquet Ball Court) 4:15-4:45pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:30pm	SWIM TEAM 3:15-4:00pm	COMPETITION TEAM (12+ Audition Only) 2:30-3:30pm Laura W.
	(\$) AXIAL DANCE CONTEMPORARY DANCE (8-11 yrs) 4:45 -5:30pm	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 4:00-4:45(12-14yr) 4:45-5:15(5-7yr) 5:15-5:55(8-11yr) Laura Q.	
	CONTEMPORARY DANCE 5:30-6:25(12-15yrs) Laura W.	BARRE MIX 6:00 - 6:55pm Mallory	ZUMBA 5:45 - 6:40pm Justin		TGIF STRETCH & RELAX 6:00 - 7:00pm Carol	
(\$) Fee Rquired For fee-based classes. Register at Front Desk for member & non-member	(\$) AXIAL DANCE POINTE/BALLET (12+ yrs) 6:30 -7:25pm (\$) 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			
	(\$) 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