

2019 FALL 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	CARDIO DANCE 8:00 - 8:55am Meshell
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/Leah
	STRETCH FOR STRENGTH 10:45 - 11:45am Carol	DOUBLE STEP 11:00-11:55am Leesa		STRETCH for STRENGTH 11:00-11:55pm Carol		(\$) AXIAL DANCE Therapeutic Dance (Racquet Ball Court) 10:30-10:55am Laura W.
Drop-ins Welcome in all classes when Space is available for non-memb, \$10.00 (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		(\$) BALLET & JAZZ 11:00-11:45am(3-5yr) 11:45-12:30pm(5-7yr) 12:30-1:30pm (8-10yrs) 1:30-2:30pm(11-12yrs)
Discount cards available for non-members, not for Fee based classes) \$65.00/10 classes		(\$) GENTLE YOGA 1:30-2:30pm Marion				(\$) Therapeutic Dance 2:30-3:00pm (13+ yrs) Laura W.
	Swim Team 3:15-4:30	Swim Team 3:15-4:30	Swim Team 3:15-4:30	Swim Team 3:15-4:30	Swim Team 3:15-4:30	
	(\$) AXIAL DANCE CONTEMPORARY DANCE 4:45-5:25 (7-9 yrs) 5:30-6:25 (10-13 yrs) 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 4:45-5:10(5-7yr), 5:15-5:55 (8-10yr) Laura W.	
	(\$) BALLET 6:30-7:25 (12+yrs) Juliet P	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	(\$) POINTE 7:30-8pm (12+ yrs) By Audition ONLY (In Xergym) Juliet P	(\$) AXIAL DANCE TAP Starts in Sept. 5:30-6:10 (6-10yrs) 6:15-6:55 (8-12yrs) (\$) ADULT TAP 7-7:45 (16+yrs) Danielle H. (In the XERGYM)	(\$) TAI CHI For ADULTS 6:45-7:40 Reza			
	(\$) 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 8:45am
	(\$) Deep Water HYDROFIT 9:45-10:45am	(\$) Deep Water HYDROFIT 9:30-10:25am	(\$) Deep Water HYDROFIT 9:45-10:45am	(\$) Deep Water HYDROFIT 9:30-10:25am	(\$) Deep Water HYDROFIT 9:45-10:45am	NO DEEP WATER HYDROFIT ON SATURDAYS
	AQUA/ (\$) HYDROFIT 8:00pm - 9:00pm	AQUA/ (\$) HYDROFIT 8:00pm - 9:00pm		AQUA/ (\$) HYDROFIT 8:00pm - 9:00pm		Hydrofit/Aquafit Card - 10 visits Members: \$50 Non-Mem: \$80