



GROUP EXERCISE SCHEDULE: DRY LAND

Toning Yoga Strength Cardio

Class times and location are subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00A-8:00A Upstairs	30 Day Bootcamp Johnny All Of January	30 Day Bootcamp Johnny All Of January	30 Day Bootcamp Johnny All Of January	30 Day Bootcamp Johnny All Of January	30 Day Bootcamp Johnny All Of January	
7:30A-8:15A GX Studio				Mindful Movement Fusion Mary Ellen		
9:00A-10:00A GX Studio/Courts	Essentrics Lynn	Power Flex Jan	Essentrics/Barre Lynn	Core Pole Jan		
9:30A-10:30A GX Studio/ Upstairs						ZUMBA Keeley
12:00P-1:00P GX Studio	Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage		Beginner & Chair Yoga Sage	
5:15P-6:15P GX Studio				Ballroom Dance Line Dance & Cha Cha Suzanne		
5:30P-6:30P GX Studio	STRONG Nation Keeley	Kickboxing Keeley			ZUMBA Melody	
5:30P- 6:30P Upstairs	Weight Lifting 101 Virginia		Weight Lifting 202 Virginia			
6:30P- 7:30P GX Studio		ZUMBA Betty	Learn To Belly Dance Katy Strength & Toning	ZUMBA Betty		



GROUP EXERCISE SCHEDULE: POOLS

Lap Pool Therapy Pool

Class times and locations are subject to change.

Therapy & Recreation Pool open from 7:00am - 7:30pm

Lap Pool opens from 5:00am - 7:30pm



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00A-9:00A Therapy Pool	Water Aerobics Johnny	Aqua Solutions Kelly	Water Aerobics Johnny	Aqua Solutions Kelly	Water Aerobics Johnny	
10:30a-11:30a Therapy Pool	Aqua Zumba Melody				Aqua Zumba Melody	
10:45A-11:30P Lap Pool						Aqua Zumba Melody
4:00P-5:00P Therapy Pool			Aqua Zumba Melody			
6:00P-7:00P Lap Pool	Water Aerobics Denise		Water Aerobics Denise			

PLEASE SIGN IN FOR CLASSES AT WELCOME DESK.