



GROUP EXERCISE SCHEDULE: DRY LAND

☐ Toning
 ☐ Yoga
 ☐ Strength
 ☐ Cardio

Class times and location are subject to change.



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00A-10:00A GX Studio/Courts		Power Flex Jan		Core Pole Jan		
9:30A-10:30A GX Studio/ Upstairs	Essentrics Kimberly North Court or GX Studio		Barre/Pilates Kimberly			ZUMBA Keeley
10:30A-11:30A GX Studio				Rebalancing Essentrics Lynn		
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		
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		ZUMBA Betty		
6:45P-7:30P GX Studio						



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.