

## Class Schedule

# Pool Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
7:00						
8:00						
9:00	<b>Aqua Cardio</b> 9:00 – 9:45 Stephen		<b>Aqua Cardio</b> 9:00 – 9:45 Bailey		<b>Aqua Cardio</b> 9:00 – 9:45 Stephen	<b>Baby Bears</b> 9:00 – 10:00 Reserved
10:00	<b>Aqua Fit</b> 10:00 – 10:45 Stephen	<b>Aqua Fit</b> 10:00 – 10:45 Phillip	<b>Aqua Fit</b> 10:00 – 10:45 Bailey	<b>Aqua Fit</b> 10:00 – 10:45 Phillip	<b>Aqua Fit</b> 10:00 – 10:45 Stephen	<b>Baby Bears</b> 10:00- 11:00 Reserved
11:00						
12:00	<b>Aqua Energy</b> 12:00 – 12:45 Stephen		<b>Aqua Energy</b> 12:00 – 12:45 Ginger		<b>Aqua Energy</b> 12:00 – 12:45 Stephen	
1:00						
2:00						
3:00	<b>Fish Factory</b> Classes 3:00 – 5:30		<b>Fish Factory</b> Classes 3:00 – 5:30			
4:00						
5:00		<b>Aqua Energy</b> 5:30 – 6:15 Ginger	<b>Water Yoga</b> 5:30 – 6:15 pm Stephen	<b>Aqua Energy</b> 5:30 – 6:15 Ginger		
6:00						
7:00						
8:00						

<b>Water Aerobics Classes</b>	<b>Children's Swim Classes*</b>	<b>Mommy and Me Classes</b>
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\*Members are welcome to use the pool during the Fish Factory classes however space will be limited.

\*\* Instructors may be teaching children private swim lesson in any of the pool as long as there are no Aerobics classes during that time.

# Class Schedule

## Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00						
7:00		Power Pilates 6:45 – 7:30 Karisa	Pilates 7:00 – 7:30 Karisa			
8:00						
9:00	Balance 101 9:00 – 9:45 Phillip	Yoga 9:00 – 9:45 Karisa	Tai Chi 9:00 – 9:45 Glenda	Yogalates 9:00 – 9:45 Karisa	Strength 9:00 – 9:45 Phillip	JKA Karate 9:00 -10:00
10:00		Chair Stability 11:00 – 11:45 Phillip	Chair Stability 11:00 – 11:45 Phillip	Chair Stability 11:00 – 11:45 Phillip		
11:00						
12:00	Tabata 12:00 – 12:30 Phillip	Barre 12:00-12:30 Fanchee	Pound 12:00 – 12:30 Stephen	Body Shred 12:00 – 12:30 Fanchee	Pilates 12:00 – 12:30 Karisa	
1:00						
2:00						Prenatal Yoga 1:45 – 2:45 Stephanie
3:00						
4:00	Barre 4:15 – 5:00 Fanchee					
5:00	Zumba 5:30 – 6:15 Linda	Fast Track 5:15 – 6:00 Phillip	Belly Dancing 5:30-6:15 Fanchee	Boot Camp 5:15 – 6:00 Phillip	Pilates 5:00 – 5:45 Karisa	
6:00		JKA Karate 6:00 -7:00		Medical Fitness 6:00 – 7:00 Karisa		
7:00						
8:00						

Cardio Classes	Low Impact Aerobics	Pilates Classes	Yoga Classes
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