

## Class Schedule

### MONDAY

|                |                         |         |         |
|----------------|-------------------------|---------|---------|
| 8:15-8:55 am   | Deep Water              | Cassie  | Pool    |
| 9:00-9:50 am   | Aqua Zumba              | Cassie  | Pool    |
| 9:00-9:45 am   | Silver Sneakers Circuit | Kristia | RC      |
| 10:00-10:50 am | Aqua Movers             | Cassie  | Pool    |
| 11:00 am-12 pm | Zumba                   | Cassie  | L/Level |
| 4:15-5:00 pm   | Spin                    | Vicki   | L/Level |
| 5:30-6:15 pm   | Total Body Fitness      | TJ      | L/Level |

### TUESDAY

|                |                       |         |         |
|----------------|-----------------------|---------|---------|
| 8:00-8:50 am   | Aqua Boogie           | Kristia | Pool    |
| 9:00-9:50 am   | Silver Sneaker Splash | Hilary  | Pool    |
| 10:00-10:50 am | Gentle Aquacise       | Karen   | Pool    |
| 10:15-11:15 am | Chair Yoga Mix        | Kristia | L/Level |
| 4:30-5:15 pm   | Strength & Tone       | Vicki   | L/Level |
| 5:15-6:00 pm   | Aqua Kick             | Hilary  | Pool    |

### WEDNESDAY

|                |                                   |         |         |
|----------------|-----------------------------------|---------|---------|
| 9:00-9:50 am   | Hybrid Deep Water                 | Cassie  | Pool    |
| 9:00-9:45 am   | Silver Sneakers Circuit           | Kristia | RC      |
| 10:00-10:50 am | Aqua Movers                       | Cassie  | Pool    |
| 11:00 am-12 pm | Zumba                             | Cassie  | L/Level |
| 4:15-5:00 pm   | Spin                              | Vicki   | L/Level |
|                | • Spin on Wednesdays thru May 1st |         |         |
| 5:15-5:45 pm   | CORE                              | Vicki   | L/Level |
| 6:00-6:30 pm   | HIIT                              | Sue     | L/Level |

### THURSDAY

|                |                   |         |         |
|----------------|-------------------|---------|---------|
| 9:00-9:50 am   | Aqua Yoga         | Robin   | Pool    |
| 9:00-9:45 am   | Walking Fitness   | Kristia | RC      |
| 10:00-10:50 am | Gentle Aquacise   | Karen   | Pool    |
| 10:15-11:15 am | Chair Yoga Mix    | Kristia | L/Level |
| 11:00-11:50 am | Aquacise          | Jayne   | Pool    |
| 4:30-5:20 pm   | Aqua Cardio       | Cassie  | Pool    |
| 5:30-6:15 pm   | Aqua Zumba        | Cassie  | Pool    |
| 5:30-6:15 pm   | Full Body Fitness | Sue     | L/Level |

### FRIDAY

|                |                         |        |      |
|----------------|-------------------------|--------|------|
| 9:00-9:50 am   | Deep Water              | Cassie | Pool |
| 9:00-9:45 am   | Silver Sneakers Circuit | Cindy  | RC   |
| 10:00-10:50 am | Aqua Movers             | Hilary | Pool |

### SATURDAY

|                |                   |        |         |
|----------------|-------------------|--------|---------|
| 8:00-9:00 a.m. | 20-20-20          | Vicki  | L/Level |
| 9:15-10:00 am  | Mobility Training | Jackie | L/Level |



**Updated 4/2/24**

**April 8- May 25, 2024**

### CLUB HOURS

|                  |                   |
|------------------|-------------------|
| Monday-Thursday: | 5:00 am - 9:00pm  |
| Friday:          | 5:00 am - 8:00 pm |
| Saturday:        | 6:00 am - 5:00 pm |
| Sunday:          | 7:00 am - 3:00 pm |

### NURSERY HOURS

|                 |                 |
|-----------------|-----------------|
| Monday- Friday: | 9 AM- 11 AM     |
| Thursday:       | 4:15 pm-6:30 pm |

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*See Website for class descriptions  
Fitnesslifestyles.net*