

Class Schedule

<u>MONDAY</u>			
8:00-8:50 am	Deep Water	Carron	Pool
9:00-9:50 am	Aqua Zumba	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Julie	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
11:00 am-12 pm	Zumba	Cassie	L/Level
5:30-6:15 pm	Pilates+	Hilary	L/Level

<u>TUESDAY</u>			
8:00-8:50 am	Aqua Boogie	Chelsea	Pool
9:00-9:50 am	Silver Sneaker Splash	Hilary	Pool
10:00-10:50 am	Gentle Aquacise	Karen	Pool
10:00-11:00 am	Chair Yoga Mix	Kate	L/Level
11:10-11:50 am	Balance,Strength,Stability	Sue	L/Level
4:30-5:15 pm	Strength & Tone	Vicki	L/Level
5:15-6:00 pm	Aqua Kick	Hilary	Pool

<u>WEDNESDAY</u>			
9:00-9:50 am	Hybrid Deep Water	Cassie	Pool
9:00-9:45 am	Silver Sneakers Circuit	Becka	RC
10:00-10:50 am	Aqua Movers	Cassie	Pool
10:00-10:45 am	Mobility Training	Jackie	L/Level
11:00 am-12 pm	Zumba	Cassie	L/Level
1:00-1:45 pm	Well-Balance	Martha	L/Level
5:15-6:00 pm	CORE & MORE	Vicki	L/Level
6:30-7:30 pm	Restorative Yoga	Kate	L/Level

<u>THURSDAY</u>			
8:00-8:50 am	Aqua HIIT	Carron	Pool
9:00-9:50 am	Aqua Yoga	Robin	Pool
9:00-9:50 am	Just Keep Moving	Kate	L/Level
10:00-10:50 am	Gentle Aquacise	Karen	Pool
10:00-11:00 am	Chair Yoga Mix	Kate	L/Level
11:00-11:50 am	Aquacise	Julie	Pool
4:15-5:15 pm	Beginning Tai Chi/Qigong Tari	Sue	L/Level
5:30-6:15 pm	Full Body Fitness	Sue	L/Level

<u>FRIDAY</u>			
9:00-9:45 am	Silver Sneakers Circuit	Cindy	RC
9:00-9:50 am	Aquacise	Cassie/Teresa	Pool
10:00-10:50 am	Aqua Dance	Cassie/Teresa	Pool
10:00-11:00 am	Beginning Tai Chi/Qigong Tari		L/Level
			<ul style="list-style-type: none"> • Cassie teaches 9 AM Deep Water & 10 AM Aqua Zumba <u>every other week</u>. • Teresa teaches 9 AM Aquacise & 10 AM Aqua Dance <u>every other week</u>

<u>SATURDAY</u>			
8:00-9:00 am	20-20-20	Vicki	L/Level
8:00-8:50 am	Aqua HIIT	Carron	Pool

See Website for class descriptions
Fitnesslifestyles.net



Summer Schedule May 26-Sept 5, 2026

CLUB HOURS

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

NURSERY HOURS

Mon/Wed/Fri: 8:45 AM- 10:15 AM
 Tues/Thurs: 9 AM- 11 AM

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