

# May 2018



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MORNING

5:45-6:30 Shallow Aqua  
 8:30-9:15 Shallow Aqua  
 8:30-9:30 (A) Stretch & Flex  
 8:30-9:30 (B) Men's Stretch  
 9:15-10:15 Deep Aqua  
 9:30-10:30 Shallow Aqua  
 9:30-10:30 (A) Aerobics  
 10:30-11:30 Aqua Arthritis  
 12:00-12:30 High Voltage Circuit Training

5:45-6:30 Shallow Aqua  
 8:30-9:30(A) Gentle Pilates  
 9:00-10:00(A) Pilates  
 9:00-9:45 Shallow Aqua  
 9:45-10:30 Aqua Tone  
 10:00-10:30 Soft Body Roller ROOM A  
 10:30-11:30 Aqua Arthritis

8:30-9:15 Shallow Aqua  
 8:30-9:30 (A) Stretch & Flex  
 8:30-9:30 (B) Men's Stretch  
 9:15-10:15 Deep Aqua  
 9:30-10:30 (B) Yoga  
 9:30-10:30 Aqua Tone  
 10:30-11:30 Aqua Arthritis  
 11:45-12:15 High Voltage Circuit Training  
 12:15-12:45 High Voltage Circuit Training

5:45-6:30 Shallow Aqua  
 8:30-9:30(A) Gentle Pilates  
 9:00-10:00(A) Pilates  
 9:00-9:45 Shallow Aqua  
 9:45-10:30 Aqua Therapy  
 10:00-10:30 (A) Soft Body Roller  
 10:30-11:30 Aqua Arthritis

5:45-6:30 Shallow Aqua  
 8:30-9:15 Shallow Aqua  
 8:30-9:30 (A) Stretch & Flex  
 8:30-9:30 (B) Men's Stretch  
 9:15-10:15 Deep Aqua  
 9:30-10:30 Shallow Aqua  
 9:30-10:30(A) Circuit  
 10:30-11:30 Aqua Arthritis  
 12:00-12:30 High Voltage Circuit Training

### EVENING

5:30-6:30(A) Step-N-Sculpt  
 5:30-6:30(B) Yoga  
 5:30-6:45 Shallow Aqua  
 6:30-7:30 (A) Zumba

5:00-5:30(A) High Voltage Circuit Training  
 5:30-6:00 Core  
 6:00-6:30 High Voltage Circuit Training  
 6:30-7:30(A) Zumba

5:30-6:30(A) Step-N-Sculpt  
 5:45-6:45 Aqua Tone  
 6:00-7:00(B) Yoga

5:00-5:30(A) High Voltage Circuit Training  
 5:30-6:30(A) Core  
 5:30-6:45(B) Yoga  
 6:00-6:30 (A) High Voltage Circuit Training

6:30-7:30 (A) Zumba

Saturday 10:30-11:30 ZUMBA

**Facility Hours:**  
 Monday - Thursday: 5:30 AM - 9:00 PM  
 Friday: 5:30 AM - 8:00 PM  
 Saturday: 8:00 AM - 4:00 PM  
 Sunday: 1:00 PM - 6:00 PM

**Kids Play Area:**  
 Monday-Friday: 8:30 AM - 11:30 AM  
 4:30 PM - 7:45 PM  
 Saturday: 9:00 AM - 12:00 PM



**Holiday Hours: Monday May, 28 5:30 AM-7 PM**

\*See schedule on back for classes offered and class time changes\*

Instructors listed on the back. Last minute changes may occur without notice due to unforeseen schedule issues.



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <b>30-Apr</b><br>5:45am James<br>8:30am Barbara(S&F)<br>8:30am Casey (Men's)<br>8:30am Kim<br>9:15am Bonnie<br>9:30am Barbara<br>9:30am Kim<br>10:30am Bonnie<br>12:00pm Eric/Dylan<br>5:30pm Phelicia (Yoqa)<br>5:30pm Charles(Sculpt)<br>5:45pm Rebekah<br>6:30pm Naomi | <b>1-May</b><br>5:45am Tracie<br>8:30am Barbara<br>9:30am Barbara<br>9:45am Leah<br>9:45am Mary<br>10:00am Barbara<br>10:30am Mary<br>5:00pm Eric/Charles<br>5:30pm Eric/Charles<br>6:00pm Eric/Charles<br>6:30pm Stephanie | <b>2-May</b><br>8:30am Eric (S&F)<br>8:30am Casey(Men's)<br>8:30am Leah<br>9:15am Leah<br>9:30am Phelicia<br>9:30am Bonnie<br>10:30am Bonnie<br>11:45am Eric<br>12:15pm Eric<br>5:30pm Charles(Sculpt)<br>5:45pm James<br>6:00pm Sam   | <b>3-May</b><br>5:45am Sandra<br>8:30am Kathleen<br>9:00am Ruby<br>9:30am Kathleen<br>9:45am Mary<br>10:00am Kathleen<br>10:30am Mary<br>5:00pm Eric<br>5:30pm Eric<br>5:30pm Sam (Yoqa)<br>6:00pm Eric     | <b>4-May</b><br>5:45am Tracie<br>8:30am Barbara (S&F)<br>8:30am Sandra (Men's)<br>8:30am Kim<br>9:15am Kim<br>9:30am Sandra<br>9:30am Ruby<br>10:30am Ruby<br>12:00pm Lewis<br>6:30pm Victoria         |
| <b>7-May</b><br>5:45am James<br>8:30am Barbara (S&F)<br>8:30am Casey (Men's)<br>8:30am Leah<br>9:15am Leah<br>9:30am Barbara<br>9:30am Ruby<br>10:30am Ruby<br>12:00pm Dylan<br>5:30pm Phelicia<br>5:30pm Charles(Sculpt)<br>5:30pm Rebekah<br>6:30pm Naomi               | <b>8-May</b><br>5:45am Tracie<br>8:30am Barbara<br>9:00am Leah<br>9:30am Barbara<br>9:45am Mary<br>10:00am Barbara<br>10:30am Mary<br>5:00pm Eric<br>5:30pm Eric<br>6:00pm Eric<br>6:30pm Stephanie                         | <b>9-May</b><br>8:30am Eric (S&F)<br>8:30am Casey (Men's)<br>8:30am Ruby<br>9:15am Ruby<br>9:30am Sam<br>9:30am Bonnie<br>10:30am Bonnie<br>11:45am Eric<br>12:15pm Eric<br>5:30pm Charles(Sculpt)<br>5:45pm James<br>6:00pm Phelicia  | <b>10-May</b><br>5:45am Sandra<br>8:30am Kathleen<br>9:00am Ruby<br>9:30am Kathleen<br>9:45am Mary<br>10:00am Kathleen<br>10:30am Mary<br>5:00pm Dylan<br>5:30pm Dylan<br>5:30pm Sam (Yoqa)<br>6:00pm Dylan | <b>11-May</b><br>5:45am Tracie<br>8:30am Kathleen (S&F)<br>8:30am Casey (Men's)<br>8:30am Kim<br>9:15am Kim<br>9:30am Ruby<br>9:30am Kathleen<br>10:30am Ruby<br>12:00pm Eric<br>6:30pm Victoria       |
| <b>14-May</b><br>5:45am James<br>8:30am Kathleen(S&F)<br>8:30am Dylan(Men's)<br>8:30am Leah<br>9:15am Leah<br>9:30am Kathleen<br>9:30am Ruby<br>10:30am Ruby<br>12:00pm Dylan<br>5:30pm Phelicia (Yoqa)<br>5:30pm Jodie(Sculpt)<br>5:30pm Rebekah<br>6:30pm Naomi         | <b>15-May</b><br>5:45am Tracie<br>8:30am Kathleen<br>9:30am Kathleen<br>9:45am Leah<br>9:45am Mary<br>10:00am Kathleen<br>10:30am Mary<br>5:00pm Dylan<br>5:30pm Dylan<br>6:00pm Dylan<br>6:30pm Stephanie                  | <b>16-May</b><br>8:30am Eric (S&F)<br>8:30am Casey(Men's)<br>8:30am Ruby<br>9:15am Ruby<br>9:30am Sam<br>9:30am Bonnie<br>10:30am Bonnie<br>11:45am Eric<br>12:15pm Eric<br>5:30pm Charles (Sculpt)<br>5:45pm James<br>6:00pm Phelicia | <b>17-May</b><br>5:45am Sandra<br>8:30am Carol<br>9:00am Ruby<br>9:30am Carol<br>9:45am Mary<br>10:00am Carol<br>10:30am Mary<br>5:00pm Eric<br>5:30pm Eric<br>5:30pm Sam (Yoqa)<br>6:00pm Eric             | <b>18-May</b><br>5:45am Tracie<br>8:30am Barbara (S&F)<br>8:30am Casey (Men's)<br>8:30am Kim<br>9:15am Bonnie<br>9:30am Barbara<br>9:30am Kim<br>10:30am Bonnie<br>12:00pm Eric<br>6:30pm Victoria     |
| <b>21-May</b><br>5:45am James<br>8:30am Kathleen (S&F)<br>8:30am Casey (Men's)<br>8:30am Leah<br>9:15am Leah<br>9:30am Kathleen<br>9:30am Ruby<br>10:30am Ruby<br>12:00pm Eric<br>5:30pm Phelicia (Yoqa)<br>5:30pm Brea (Sculpt)<br>5:30pm Rebekah<br>6:30pm Naomi        | <b>22-May</b><br>5:45am Dalace<br>8:30am Barbara<br>9:00am Leah<br>9:30am Barbara<br>9:45am Leah<br>10:00am Barbara<br>10:30am Ruby<br>5:00pm Dylan<br>5:30pm Dylan<br>6:00pm Dylan<br>6:30pm Stephanie                     | <b>23-May</b><br>8:30am Eric (S&F)<br>8:30am Sam (Men's)<br>8:30am Ruby<br>9:15am Ruby<br>9:30am Sam<br>9:30am Bonnie<br>10:30am Bonnie<br>11:45am Eric<br>12:15pm Eric<br>5:30pm Charles(Sculpt)<br>5:45pm James<br>6:00pm Phelicia   | <b>24-May</b><br>5:45am Rebekah<br>8:30am Carol<br>9:00am Dalace<br>9:30am Carol<br>9:45am Dalace<br>10:00am Carol<br>10:30am Bonnie<br>5:00pm Eric<br>5:30pm Eriv<br>5:30pm Sam (Yoqa)<br>6:00pm Eric      | <b>25-May</b><br>5:45am James<br>8:30am Kathleen (S&F)<br>8:30am Dylan (Men's)<br>8:30am Leah<br>9:15am Bonnie<br>9:30am Leah<br>9:30am Kathleen<br>10:30am Bonnie<br>12:00pm Dylan<br>6:30pm Victoria |
| <b>28-May</b><br>5:45am James<br>8:30am Barbara (S&F)<br>8:30am Casey (Men's)<br>8:30am Leah<br>9:15am Leah<br>9:30am Barbara<br>9:30am Ruby<br>10:30am Ruby<br>12:00pm Eric<br>5:30pm Phelicia (Yoqa)<br>5:30pm Charles(Sculpt)<br>5:30pm Rebekah                        | <b>29-May</b><br>5:45am Tracie<br>8:30am Barbara<br>9:30am Barbara<br>9:45am Leah<br>9:45am Mary<br>10:00am Barbara<br>10:30am Mary<br>5:00pm Eric<br>5:30pm Eric<br>6:00pm Eric<br>6:30pm Stephanie                        | <b>30-May</b><br>8:30am Eric (S&F)<br>8:30am Sam (Men's)<br>8:30am Ruby<br>9:15am Ruby<br>9:30am Sam<br>9:30am Bonnie<br>10:30am Bonnie<br>11:45am Eric<br>12:15pm Eric<br>5:30pm Charles(Sculpt)<br>5:45pm James<br>6:00pm Phelicia   | <b>31-May</b><br>5:45am Rebekah<br>8:30am Kathleen<br>9:00am Ruby<br>9:30am Kathleen<br>9:45am Mary<br>10:00am Kathleen<br>10:30am Mary<br>5:00pm Eric<br>5:30pm Eric<br>5:30pm Sam (Yoqa)<br>6:00pm Eric   | <b>Have a fantastic &amp; safe Memorial Day weekend</b>  |