

December 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT	5:45-6:30 Shallow Aqua 9:00-10:00(A) Senior Pilates 9:00-9:45 Shallow Aqua 9:45-10:30 Aqua Tone 10:00-10:30(A) Soft Body Roller 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 Line Dancing 9:30-10:30 Aqua Tone 10:30-11:30 Aqua Arthritis 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT	5:45-6:30 Shallow Aqua 8:30-9:30(A) Senior Pilates 9:00-9:45 Shallow Aqua 9:30-10:30(A) Pilates 9:45-10:30 Aqua Therapy 10:30-11:00 (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 11:45-12:15 High Voltage Circuit 12:15-12:45 HIIT	8:30-9:30 Circuit Blaster 8:30-9:30 Beginner Yoga 9:15-10:15 Shallow Aqua 9:30-10:30 Tap Dancing 8:30-9:30 Kids Yoga 10:30-11:30 Zumba 11:45-12:45 Hip Hop Dance (Ages 6-9) 1:15-2:15 Hip Hop (NEW!) (Ages 10-13)
EVENING	5:30-6:30 (B) Yoga 5:30-6:30 Zumba Step 5:45-6:45 Shallow Aqua 6:30-7:30 Zumba	5:30-6:00 Core Exp 5:30-6:30 Aqua Blast (begins 10/16) 6:00-6:30 HITT 6:30-7:30 (A) Zumba	5:30-6:00 (A) Glute Camp 5:45-6:45 Aqua Tone 6:00-7:00(B) Yoga 6:00-6:30 Core Exp	5:30-6:00(A) Core 5:30-6:45(B) Yoga 6:00-6:30 (A) HIIT 6:40-7:40 Jazz	6:30-7:30 (A) 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: 8:30 AM - 12:00 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.

Registration is required for classes highlighted in green.

Holiday Hours: We will be closed December 24th - December 26th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2 style="text-align: center;">Try a New Class:</h2> <p style="text-align: center;"> Aqua Blast Tuesdays at 5:30 pm Shallow Water Aqua Aerobics Saturday Mornings at 9:15 am Line Dancing Wednesday Mornings at 9:30 am Circuit Blaster Saturday Mornings at 8:30 am Adult Jazz Thursday Evenings at 6:40 pm Beginner Yoga Saturday Mornings 10:00 am Kid's Yoga Saturday Mornings 10:00 am </p>					1-Dec
					8:30am Marcus
					9:00am Claire
					9:15am Tracie
					9:30am Amber
					10:00am Claire
					10:30am Amy
11:45am Amy					
1:15am Amy					
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec	8-Dec
5:45am James	5:45am Tracie	8:30am Jill (S&F)	5:45am Ruby	5:45am James	8:30am Alex
8:30am Kathleen (S&F)	9:00am Kathleen	8:30am Marcus (mens)	8:30am Carol	8:30am Kathleen (S&F)	9:00am Claire
8:30am Casey (mens)	10:00am Kathleen	8:30am Leah	9:00am Ruby	8:30am Casey (Mens)	9:15am Tracie
8:30am Leah	9:00am Ruby	9:15am Bonnie	9:30am Carol	8:30am Kim	9:30am Amber
9:15am Leah	9:45am Ruby	9:30am Sam (Yoga)	9:45am Mary	9:15am Kim	10:00am Claire
9:30am Kathleen	10:30am Mary	9:30am Cherie (Line)	10:30am Carol	9:30am Kathleen	10:30am Amy
9:30am Ruby		9:30am Leah	10:30am Mary	9:30am Jill	11:45am Amy
10:30am Ruby		10:30am Bonnie		10:30am Jill	1:15am Amy
11:45am Marcus	5:30pm Marcus	11:45am Alex		11:45am Casey	
12:15pm Marcus	5:30pm Josh	12:15pm Alex	5:30pm Alex (Core)	12:15pm Casey	
5:30pm Phelicia (Yoga)	6:00pm Marcus	5:30pm Marcus	5:30pm Sam (Yoga)		
5:30pm Naomi (Zumba)	6:30pm Carla	5:45pm Sarah	6:00pm Alex		
5:45pm James		6:00pm Claire (Yoga)	6:40pm Amy		
6:30pm Naomi		6:00pm Marcus (Core)		6:30pm Victoria	
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
5:45am James	5:45am Tracie	8:30am Sandra(Combined)	5:45am Tracie	5:45am James	8:30am Alex
8:30am Kathleen (S&F)	9:00am Kathleen	8:30am Leah	8:30am Claire	8:30am Kathleen (S&F)	9:00am Claire
8:30am Casey (Mens)	10:00am Kathleen	9:15am Bonnie	9:00am Ruby	8:30am Casey (Mens)	9:15am Tracie
8:30am Leah	9:00am Ruby	9:30am Claire (Yoga)	9:30am Claire	8:30am Dalace	9:30am Amber
9:15am Bonnie	9:45am Ruby	9:30am Cherie (Line)	9:45am Mary	9:15am Bonnie	10:00am Claire
9:30am Kathleen	10:30am Mary	9:30am Leah	10:30am Claire	9:30am Kathleen	10:30am Amy
9:30am Leah		10:30am Bonnie	10:30am Mary	9:30am Dalace	11:45am Amy
10:30am Bonnie		11:45am Alex		10:30am Bonnie	1:15am Amy
11:45am Casey	5:30pm Marcus	12:15pm Alex		11:45am Marcus	
12:15pm Casey	5:30pm Josh	5:30pm Marcus		12:15pm Marcus	
5:30pm Phelicia (Yoga)	6:00pm Marcus	5:45pm Sarah	5:30pm Casey (Core)		
5:30pm Naomi (Zumba)	6:30pm Amy	6:00pm Phelicia (Yoga)	5:30pm Sam (Yoga)		
5:45pm Sarah		6:00pm Marcus (Core)	6:00pm Casey		
6:30pm Naomi			6:40pm Amy	6:30pm Amy	
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
5:45am James	5:45am Tracie	8:30am Jill (S&F)	5:45am Ruby	5:45am James	No Classes Today
8:30am Barbara	9:00am Kathleen	8:30am Sandra (Mens)	8:30am Barbara	8:30am Kathleen (S&F)	
8:30am Casey (Mens)	10:00am Kathleen	8:30am Leah	9:00am Ruby	8:30am Casey (Mens)	
8:30am Leah	9:00am Ruby	9:15am Ruby	9:30am Barbara	8:30am Kim	
9:15am Bonnie	9:45am Ruby	9:30am Sam (Yoga)	9:45am Mary	9:15am Kim	
9:30am Barbara	10:30am Mary	9:30am Cherie (Line)	10:30am Barbara	9:30am Kathleen	
9:30am Leah		9:30am Leah	10:30am Mary	9:30am Jill	
10:30am Bonnie		10:30am Ruby		10:30am Jill	
11:45am Marcus	5:30pm Alex	11:45am Alex		11:45am Marcus	
12:15pm Marcus	5:30pm Josh	12:15pm Alex		12:15pm Marcus	
5:30pm Phelicia (Yoga)	6:00pm Alex	5:30pm Marcus	5:30pm Casey (Core)		
5:30pm Cancelled	6:30pm Carla	5:45pm Sarah	5:30pm Sam (Yoga)		
5:45pm Sarah		6:00pm Phelicia (Yoga)	6:00pm Casey		
6:30pm Victoria		6:00pm Marcus (Core)	6:40pm Amy	6:30pm Victoria	
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
Happy Holidays Facility Closed Pool Closed December 27-30 for Maintenance No Classes December 31st			8:30am Barbara		8:30am Alex
			9:30am Barbara	8:30am Kathleen(Combined)	9:00am Claire
			10:30am Barbara	9:30am Kathleen	10:00am Claire
				11:45am Marcus	10:30 am Carla
				12:15pm Marcus	
			5:30pm Alex (Core)		
			5:30pm Sam (Yoga)	6:30pm Carla	
			6:00pm Alex		
6:40pm Amber					

Classes highlighted in yellow will be changing in January 2019