

WINTER 2017 ON-GOING FITNESS CLASSES/INDOOR FIT GROUPS (UPDATED 1/24)

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
7 am :15 :30 :45		7-8 ZUMBA GOLD	7-8 CARDIO STRENGTH MIX	7-8 ACTIVE SOMATICS	7-8 ZUMBA GOLD	7:00-7:45 CARDIO STRENGTH MIX	
8 am :15 :30 :45		8:30-9:15 TAI CHI	8:15-9:00 CORE AND MORE	8:15-9:00 TAI CHI	8:15-9:00 CORE AND MORE	8:15-9:15 YOGA FUSION	8:00-8:45 CORE AND MORE
9 am :15 :30 :45		9:30 - 10:15 BARRE CLASS	9:30-10:30 CIRCUIT TRAINING	9:30-10:15 GENTLE PILATES	9:30-10:30 CIRCUIT TRAINING	9:30-10:15 STEP	9-9:45 CARDIO STRENGTH MIX
10 am :15 :30 :45		10:30-11:30 Silver	10:30-11:30 11:30	10:30-11:30 Silver	10:30-11:30	10:30-11:30 Silver	10-12 ADVANCED PING
11 am :15 :30 :45		Sneakers Classic	GENTLE YOGA	Sneakers Classic	GENTLE YOGA	Sneakers Classic	PONG (group)
12 PM :15 :30 :45		12-1 PM YIN STYLE YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12-1:15 SLO FLO YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12:00-1:00 YIN YOGA	12:45-1:30 pm BALLROOM CLASS
1 PM :15 :30 :45		1:30-2:15 pm SILVER&FIT EXPERIENCE	1:15-3:15 OPEN	1:30-2:15 pm SILVER&FIT EXPERIENCE		1:30-2:15 pm SILVER&FIT EXPERIENCE	1:30-2:15 pm BALLROOM CLASS
2 PM :15 :30 :45			Ping Pong Int/Adv (group)		2:15-4:15 OPEN PING PONG		
3 PM :15 :30 :45				3:00 - 4:45 OPEN PING PONG	All Levels (group)		
4 PM :15 :30 :45			4:30-5:15 pm CARDIO	All Levels (group)		4:30-5:15 pm FULL BODY	
5 PM :15 :30 :45		5-5:45 pm ZUMBA GOLD	CORE			STRENGTH	
6 PM :15 :30 :45		6 - 7:00 CLASSICAL YOGA	6-7 pm SOMATICS YOGA		6:00-6:45 POWER		
7 PM :15 :30 :45		7:30-9:00 OPEN PING PONG All Levels (group)		All of these classes meet weekly (drop in if you wish), throughout the year, unless "session" or "workshop" which mean you must pre-register.			
8 PM :15				"POWER" & "Circuit" Classes are held in the Fitness Center			
9 PM :30							

WINTER 2017 ON-GOING AQUA CLASSES AND POOL ACTIVITIES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6 am :15 :30 :45	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-8:45 OPEN SWIM	
7 am :15 :30 :45	7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS		
8 am :15 :30 :45	8:15-9 AQUA AGELESS	8:00-9:00 AQUA YOGA (NO LAP SWIM)	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS		
9 am :15 :30 :45	9:15-10 AQUA FIT 'N' TONE	9:00 to 5:15 pm OPEN SWIM	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE	9:00-9:45 am PILAQUA	PRIVATE Pool Rental <i>9a-5:30p</i> <i>Please</i> <i>respect</i> <i>this by</i> <i>waiting to</i> <i>enter pool</i> <i>till 5:30 pm</i>
10 am :15 :30 :45	10:00-7:45p OPEN SWIM		10:00-7:45 pm OPEN SWIM		10:00-3:15 OPEN SWIM	10:00 –2 pm OPEN SWIM	
11 am :15 :30 :45							
12 PM :15 :30 :45							
1 PM :15 :30 :45							
2 PM :15 :30 :45			AQUA YOGA 2-3 pm			2:00-3:45 FAMILY TIME SWIM	
3 PM :15 :30 :45			3:00-7:45 pm OPEN SWIM		3:15-5 FAMILY TIME SWIM	3:45-5:45	
4 PM :15 :30 :45						OPEN SWIM	
5 PM :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA	5-5:45 pm OPEN SWIM		
6 PM :15 :30 :45		FITNESS FUSION 6:30-7:45 OPEN SWIM		FITNESS FUSION 6:30-6:45 OPEN SWIM			
7 PM :15 :30 :45				7:00-7:45 Water Volleyball <i>(group)</i>			