

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>		5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>		5:00-6:00am <b>Power Hour</b> Aerobics Room <i>Steve</i>	
	5:30-6:00a.m. <b>Cycle</b> Spin Room <i>Lori</i>		5:30-6:00am <b>Cycle</b> Spin Room <i>Lori</i>		
8:00-8:55am <b>Spin</b> Spin Room <i>Lisa</i>		8:00-8:55am <b>Spin</b> Spin Room <i>Lisa</i>		8:00-8:55am <b>Spin</b> Spin Room <i>Lisa</i>	9:00-10:00am <b>Cardio Boxing</b> Aerobics Room <i>Matt</i>
8:00-9:00am <b>Dance Aerobics</b> Aerobics Room <i>Lindsay</i>		8:00-9:00am <b>Dance Aerobics</b> Aerobics Room <i>Lindsay</i>			
9:00-9:55am <b>Body HIIT</b> Aerobics Room <i>Lisa</i>	8:30-9:30am <b>Toned Up</b> Aerobics Room <i>Selina</i>	9:00-9:55am <b>Body HIIT</b> Aerobics Room <i>Lisa</i>	8:30-9:30am <b>Toned Up</b> Aerobics Room <i>Selina</i>	9:00-9:55am <b>Body HIIT</b> Aerobics Room <i>Lisa</i>	
9:15-10:15am <b>Yoga</b> Dance Studio <i>Danette</i>	 <i>Upper Body Focus</i>	9:15-10:15am <b>Yoga</b> Dance Studio <i>Penny</i>	 <i>Lower Body Focus</i>	9:15-10:15am <b>Yoga</b> Dance Studio <i>Penny</i>	
10:25-11:25am <b>Tai Chi</b> Dance Room <i>Betsy</i>				10:25-11:25am <b>Tai Chi</b> Dance Room <i>Betsy</i>	
	12:00-12:45pm <b>Lunch Crunch</b> Cardio B <i>Lindsay</i>		12:00-12:45pm <b>Lunch Crunch</b> Cardio B <i>Lindsay</i>		
5:00-5:45pm <b>Total Body Conditioning</b> Aerobics Room <i>Matt</i>	5:30-6:15pm <b>Cycle</b> Spin Room <i>Lori</i>	5:00-5:30pm <b>Quick Box</b> Aerobics Room <i>Matt</i>	5:30-6:15pm <b>Cycle</b> Spin Room <i>Lori</i>		
6:00-6:45pm <b>Yoga</b> Aerobics room <i>Linda</i>	6:30-7:15pm <b>Body HIIT</b> Aerobics Room <i>Lori</i>	6:00-6:45pm <b>Yoga</b> Aerobics room <i>Stephanie</i>	6:30-7:15pm <b>Body HIIT</b> Aerobics Room <i>Lori</i>		
		<i>Revised 1/1/2024</i>	<b>**All visitors must sign in at front desk**</b> <i>Guests under 18 must have a Parent/Guardian present to sign them in @ the front desk &amp; sign a liability form.</i>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open at 4am	24 Hours	24 Hours	24 Hours	Close 10pm	6am-10pm	8am-6pm

## Pool Schedule

9-9:50am <b>Aquacise</b> <i>Betsy</i>	9-10:15am <b>Aquacise</b> <i>Lori</i>	9-10:15am <b>Aquacise</b> <i>Danette</i>	9-10:15am <b>Aquacise</b> <i>Lori</i>	9-9:50am <b>Aquacise</b> <i>Betsy</i>		
1-5pm <b>Family Swim</b>	1-5pm <b>Family Swim</b>	1-5pm <b>Family Swim</b>	1-5pm <b>Family Swim</b>	1-5pm <b>Family Swim</b>	1-6pm <b>Family Swim</b>	12-4:30pm <b>Family Swim</b>
7-9pm <b>Family Swim</b>	7-9pm <b>Family Swim</b>	7-9pm <b>Family Swim</b>	7-9pm <b>Family Swim</b>	7-9pm <b>Family Swim</b>		

## Playland Hours

8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	10am-12pm
4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm	4pm-7pm		

## BRIEF DESCRIPTION OF EACH CLASS:

**Aquacise:** Fun & energized exercises done in shallow water creating resistance and reducing impact on bones & joints

**Body HIIT:** High-Intensity Interval Training – alternating between bursts of vigorous exercise and short periods of active recovery moves or full-on rest.

**Cardio Kick:** Kick boxing with bag, combined with fast paced cardio moves ending with floor work

**Cycle:** Cardio peak cycling workout with minimum impact on your joints

**Dance Aerobics:** Musical fitness routines choreographed into short dances which improve cardiovascular health

**Family Swim:** 17 years or younger and must be accompanied by an adult. Members and Non-Members (guest pass)

**Lunch Crunch:** A 45-minute full body work out, using circuit training, rotating through up to 10 exercise stations

**Power Hour:** Variety of timed interval training using both higher and lower intensity exercises

**Quick Box:** Cardio workout using standing boxing bags for punching, kicking, and blocking

**Spin:** 30-45 minutes of cycling with hill climbs, sprints, and flat riding

**Tai Chi:** Balance, muscle tone, agility & flexibility, fusing martial arts and meditation to slow down your body & mind

**Toned Up:** Intervals using dumbbells or your own body weight for resistance

**Total Body Conditioning:** Aerobic and strength conditioning, including circuit training, cardio, bodyweight, core training and stretching for a complete workout.

**Yoga:** Simple meditation, breathing control and adoption of specific bodily postures for health and relaxation.