

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00am Power Hour Aerobics Room <i>Steve</i>	5:30-6:00a.m. Cycle Spin Room <i>Lori</i>	5:00-6:00am Power Hour Aerobics Room <i>Steve</i>	5:30-6:00am Cycle Spin Room <i>Lori</i>	5:00-6:00am Power Hour Aerobics Room <i>Steve</i>	
8:00-9:00am Cycle Spin Room <i>Lisa</i>		8:00-9:00am Cycle Spin Room <i>Lisa</i>		8:00-9:00am Cycle Spin Room <i>Lisa</i>	
8:00-9:00am L.I.I.T Aerobics Room <i>Becca</i>	8:30-9:30am Toned Up Upper Body Aerobics Room <i>Selina</i>	8:00-9:00am L.I.I.T Aerobics Room <i>Becca</i>	8:30-9:30am Toned Up Lower Body Aerobics Room <i>Selina</i>		
9:00-10:00am Total Body Conditioning Aerobics Room <i>Lisa</i>	9:00-10:00 Zumba Dance Studio <i>Krista</i>	9:00-10:00am Total Body Conditioning Aerobics Room <i>Lisa</i>	9:00-10:00 Zumba Dance Studio <i>Krista</i>	9:00-10:00am Total Body Conditioning Aerobics Room <i>Lisa</i>	9:00-10:00am Cardio Boxing Aerobics Room <i>Matt</i>
9:15-10:15am Yoga Dance Studio <i>Danette</i>		9:15-10:15am Yoga Dance Studio <i>Penny</i>		9:15-10:15am Yoga Dance Studio <i>Penny</i>	
10:15-11:15am Tai Chi Dance Room <i>Betsy</i>				10:15-11:15am Tai Chi Dance Room <i>Betsy</i>	
12:00-1:00pm Lunch Crunch Cardio B <i>Lisa</i>		12:00-1:00pm Lunch Crunch Cardio B <i>Lisa</i>			
5:00-5:45pm Total Body Conditioning Aerobics Room <i>Matt</i>	5:30-6:15pm Cycle Spin Room <i>Lori</i>	5:00-5:30pm Quick Box Aerobics Room <i>Matt</i>	5:30-6:15pm Cycle Spin Room <i>Lori</i>		
6:00-6:45pm Yoga Aerobics room <i>Linda</i>	6:30-7:15pm Total Body Conditioning Aerobics Room <i>Lori</i>	6:00-6:45pm Yoga Aerobics room <i>Stephanie</i>	6:30-7:15pm Total Body Conditioning Aerobics Room <i>Lori</i>		
		Revised 3/17/2025	**All visitors must sign in at front desk** Guests under 18 must have a Parent/Guardian present to sign them in @ the front desk & sign a liability form.		

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

Pool Schedule

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

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 water creating resistance and reducing impact on bones & joints

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

LIIT: Low-Intensity Interval Training

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

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

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.

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