

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 T.B.C Aerobics Room <i>Lisa</i>	9:30-10:30 Dance Cardio Dance Studio <i>Krista</i>	9:00-10:00am T.B.C Aerobics Room <i>Lisa</i>	9:30-10:30 Dance Cardio Dance Studio <i>Krista</i>	9:00-10:00am T.B.C 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>		
6:00-7:00pm Yoga Aerobics room <i>Linda</i>	6:30-7:15pm Total Body Conditioning Aerobics Room <i>Lori</i>	6:00-7:00pm Yoga Aerobics room <i>Stephanie</i>	6:30-7:15pm Total Body Conditioning Aerobics Room <i>Lori</i>		<i>Revised 3/4/2026</i>

ALL visitors must sign in at the front desk & have a valid ID

Guests under 18 must have a Parent/Guardian PRESENT to sign a liability form at the front desk

POOL AREA: Anyone under the age of 18 must be accompanied by an adult

Ages 12 & under are only allowed in the pool area during family swim hours with an adult

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>Kim</i>	9-10am Aquacise <i>Danette</i>	9-10am Aquacise <i>Kim</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)

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

T.B.C: 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.

Dance Cardio: A fun, high-energy, lower body workout that incorporates cardio, step aerobics & Latin dance.

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