



# FITNESS POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM OPTIONS</b>							
<b>A M</b>	5:15-6:00am <b>Liquid Bootcamp</b>	5:30-7:00am <b>Swim Lessons</b>	5:00-5:30am <b>Fluid Motion</b>	10:15-11:00am <b>Aqua Arthritis</b>	6:15-7:00am <b>Aqua Mixx</b>	8:15-9:00am <b>Aqua***</b>	
	6:15-7:00am <b>Aqua Mixx</b>	9:15-9:45am <b>Fluid Motion</b>	5:30-6:00am <b>Fluid Sculpt</b>	11:30-1:00pm <b>Swim Lessons</b>	9:00-9:30am <b>Social Splash</b>		
	9:00-9:30am <b>Social Splash</b>	9:45-10:15am <b>Fluid Sculpt</b>	9:00-9:30am <b>Social Splash</b>		9:30-10:25am <b>AOA Aqua</b>		
	9:30-10:25am <b>AOA Aqua</b>	10:15-11:15am <b>Group Training</b>	9:30-10:25am <b>AOA Aqua</b>		10:30-11:00am <b>Beach Volleyball</b>		
		11:15-12:45pm <b>Swim Lessons</b>					
<b>PM OPTIONS</b>							
<b>P M</b>	4:30-5:15pm <b>Aqua Mixx</b>	4:30-5:15pm <b>Aqua Zumba</b>	3:30-4:00pm <b>Fluid Motion</b>	3:30-4:30pm <b>Group Training</b>	3:30-4:30pm <b>Group Training</b>		5:30-7:00pm 2 <sup>nd</sup> /4 <sup>th</sup> Sunday <b>Water Volleyball</b>
	5:30-7:00pm <b>Swim Lessons</b>	5:30-6:15pm <b>Liquid Bootcamp</b>	4:00-4:30pm <b>Fluid Sculpt</b>	4:30-5:15pm <b>Aqua Mixx</b>			
		6:30-8:00pm <b>Swim Lessons</b>		5:30-6:15pm <b>Group Training</b>			



# MIND/BODY STUDIO SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM OPTIONS</b>							
<b>A M</b>	6:15-7:00am Experienced Yoga	6:45-7:15am Mindfulness Meditation	6:00-7:00am Closed for Program	5:15-6:00am Experienced Yoga	6:15-7:00am Experienced Yoga	7:15-8:00am Essential Yoga	8:00-8:30am Silent Meditation
	10:15-11:00am Essential Yoga	9:15-10:00am Essential Yoga	7:30-8:30am Private Yoga	6:15-7:00am Pilates Core	7:15-7:45am Silent Meditation	8:15-9:00am Essential Yoga	9:45-10:30am Experienced Yoga
	11:15-Noon Experienced Yoga	10:15-11:00am Pilates Bal/Control	9:15-10:00am Adaptive Yoga	7:15-7:45am Silent Meditation	8:15-9:00am Adaptive Yoga	9:15-10:00am Pilates Core	10:45-11:45am Warm Yoga Fusion
		11:15-Noon Experienced Yoga	10:15-11:00am Essential Yoga	9:15-10:00am Pilates Core	9:15-10:00am Pilates Bal/Control	10:15-11:00am Experienced Yoga	
			11:15-Noon Pilates Core	10:15-11:00am Essential Yoga	10:15-11:00am Essential Yoga	11:15-12:15pm Warm Yoga Fusion	
				11:15-Noon Experienced Yoga	11:15-Noon Experienced Yoga		
<b>PM OPTIONS</b>							
<b>P M</b>	12:15-1:00pm Yoga Sculpt	12:15-1:00pm Challenge Yoga	12:15-1:00pm Experienced Yoga	12:15-1:00pm Essential Yoga	12:15-1:15pm Warm Yoga Fusion		Noon-1:00pm 3 <sup>rd</sup> Sunday Mind/Body Workshop
	1:15-2:00pm AT Mind in Motion	1:30-2:15pm Adaptive Yoga	1:15-2:00pm AT Mind in Motion	1:15-2:00pm AT Mind in Motion	1:30-2:30pm Closed for Program		4:30-5:15pm Essential Yoga
	2:45-3:30pm Pilates Core	2:30-3:15pm AT Mind in Motion	2:45-3:15pm Mindfulness Meditation	2:15-3:00pm Adaptive Yoga	3:45-4:15pm Mindfulness Meditation		5:30-6:15pm Experienced Yoga
	3:45-4:15pm Private Yoga	3:30-4:15pm Essential Yoga	3:30-4:15pm Experienced Yoga	4:15-5:15pm Warm Yoga Fusion	4:30-5:30pm Warm Yoga Fusion 4:30-6:00pm-3 <sup>rd</sup> Friday Warm Yoga		
	4:30-5:15pm Experienced Yoga	4:30-5:15pm Experienced Yoga	4:30-5:15pm Challenge Yoga	5:30-6:15pm Experienced Yoga			
	5:30-6:15pm Challenge Yoga	5:30-6:15pm Pilates Core	5:30-6:15pm Yoga Sculpt	6:30-7:15pm Pilates Sculpt			
	6:30-7:15pm Yoga Sculpt	6:30-7:15pm Experienced Yoga	6:30-7:30pm Warm Yoga Fusion				
		7:30-8:15pm Essential Yoga					



# MULTIPURPOSE STUDIO SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM OPTIONS</b>							
<b>A M</b>	9:15-10:00am Strength	5:00-5:45am Power 45	5:00-6:30am Closed for Program	5:00-5:45am Power 45	9:15-10:00am AOA Mixx	7:15-8:00am Indo-Row	
	10:30-11:00am Strength Intro	8:00-8:45am AOA Core & Balance	9:15-10:00am AOA Mixx	8:00-8:45am AOA Core & Balance	10:30-11:00am Quick Fixx	8:15-9:00am Zumba	
	11:15-Noon Cardio Kickbox	9:15-10:00am Barefoot Power	11:30-Noon Indo-Row Express	9:15-10:00am Indo-Row	11:15-11:45am Strength Express	9:15-10:00am Strength	
		10:30-11:00am Quick Fixx		10:15-10:45am Indo-Row Intro			
		11:15-Noon Strength		11:15-Noon Zumba			
<b>PM OPTIONS</b>							
<b>P M</b>	12:15-1:00pm Strength	12:15-1:00pm Indo-Row	12:15-12:45pm Strength Express	12:15-1:00pm Barefoot Power	12:15-1:00pm Cardio Kickbox		
	1:15-2:00pm Power 45	3:30-4:00pm Quick Fixx	4:30-5:15pm Strength	3:30-4:00pm Quick Fixx	1:15-2:00pm Power 45		
	4:30-5:15pm Strength	4:30-5:15pm Row & Reps	5:30-6:00pm Indo-Row Express	4:30-5:15pm Barefoot Power	4:30-5:15pm Strength		
	5:30-6:15pm Zumba	5:30-6:15pm Cardio Kickbox		5:30-6:15pm Cardio Kickbox	5:30-6:15pm Closed for Program		
	6:30-7:00pm Quick Fixx	6:30-7:15pm Strength					
	7:15-7:45pm Barefoot Express						



# CYCLE STUDIO SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>AM OPTIONS</b>						
<b>A M</b>	<b>5:15-6:00am</b> Cycle 45 with Annie	5:30-6:00am Virtual Ride	<b>5:15-6:00am</b> Cycle 45 with Carol	5:30-6:15am Virtual Ride	<b>5:15-6:00am</b> Cycle 45 with Jennifer	6:30-7:30am Virtual Ride	7:30-8:30am Virtual Ride
	6:15-7:15am Virtual Ride	<b>6:15-7:00am</b> Cycle 45 with Shelley	6:15-7:15am Virtual Ride	6:30-7:15am Virtual Ride	6:15-7:15am Virtual Ride	<b>8:15-9:00am</b> Cycle 45 with Lori	9:15-10:15am Virtual Ride
	8:00-9:00am Virtual Ride	7:15-8:00am Virtual Ride	8:00-9:00am Virtual Ride	7:30-8:30am Virtual Ride	11:15-11:45am Virtual Ride	9:15-10:00am Virtual Ride	10:30-11:15am Virtual Ride
	9:15-10:15am Virtual Ride	8:15-8:45am Virtual Ride	9:15-10:15am Virtual Ride	9:15-10:15am Virtual Ride		10:15-11:15am Virtual Ride	
	<b>11:15-12:00pm</b> Cycle 45 with Amy	Closed for Program 9:15-10:15am	11:15-11:45am Virtual Ride	11:15-11:45am Virtual Ride			
		<b>11:15-11:45am</b> Cycle Tabata With Lori					
	<b>PM OPTIONS</b>						
<b>P M</b>	<b>12:15-12:45pm</b> Cycle Intro Sign-up	Noon-1pm Virtual Ride	<b>12:15-1:00pm</b> Cycle 45 with Megan M.	<b>12:15-12:45pm</b> Cycle Tabata with Tracy	<b>12:15-1:00pm</b> Cycle 45 with Julie F.	12:15-12:45pm Virtual Ride	12:15-12:45pm Virtual Ride
	2:15-3:15pm Virtual Ride	2:00-2:30pm Virtual Ride	Closed for Program 2:00-3:00pm	<b>4:30-5:15pm</b> Cycle 45 with Kelly	1:15-2:15pm Virtual Ride	1:00-2:00pm Virtual Ride	1:15-2pm Virtual Ride
	4:00-4:45pm Virtual Ride	3:15-3:45pm Virtual Ride	<b>4:30-5:15pm</b> Cycle 45 with Becky	5:30-6:00pm Virtual Ride	4:00-5:00pm Virtual Ride	2:15-3:15pm Virtual Ride	2:15-3:15pm Virtual Ride
	<b>5:30-6:15pm</b> Cycle 45 with Kim	4:00-5:00pm Virtual Ride	Closed for Program 5:30-6:30pm	6:15-7:15pm Virtual Ride	5:30-6:15pm Virtual Ride	4:00-5:00pm Virtual Ride	4:00-5:00pm Virtual Ride
	6:30-7:30pm Virtual Ride	<b>5:30-6:15pm</b> Cycle 45 with George	7:30-8:30pm Virtual Ride	7:30-8:30pm Virtual Ride	6:30-7:30pm Virtual Ride	5:30-6:00pm Virtual Ride	5:30-6:00pm Virtual Ride
	7:45-8:30pm Virtual Ride	<b>6:30-7pm</b> Cycle Intro Sign-up	8:45-9:15pm Virtual Ride	8:45-9:30pm Virtual Ride	7:45-8:30pm Virtual Ride	7:30-8:30pm Virtual Ride	7:30-8:30pm Virtual Ride
		7:15-8:15pm Virtual Ride					

All classes and instructors are subject to change. Virtual Rides take approximately 2 to 3 minutes to load and begin.



# TRAINING STUDIO SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM OPTIONS</b>							
<b>A M</b>	4:40-4:55am Core Express	6:15-7:00am Cable 45	5:00-5:45am Cable 45	6:15-7:00am Cable 45	4:40-4:55am Core Express	7:30-8:00am Foam Roller	
	5:15-5:45am Cable Express	9:15-10:00am AOA Cable	6:00-6:45am KB & ST	7:15-7:30am Core Express	5:15-5:45am Cable Express	8:15-9:00am Cable 45	
	6:00-6:45am KB & ST	11:15-11:45am Cable Express	9:15-10:00am Cable 45	9:15-10:00am AOA Cable	6:15-7:00am Cable 45	9:15-10:00am Cable 45	
	9:15-10:00am Cable 45		11:15-11:45am Cable Express	10:15-10:45am Foam Roller	9:15-10:00am Cable 45		
	11:15-11:45am Cable Express			11:00-12:00pm Closed for Program	10:00-11:00am Closed for Program		
					11:15-11:45am Cable Express		
<b>PM OPTIONS</b>							
<b>P M</b>	12:15-1:00pm KB & ST	Noon-12:15pm Core Express	12:15-1:00pm KB & ST	3:45-4:15pm Cable Express	12:15-12:45pm Cable Express		3:30-3:45pm Core Express
	1:15-1:45pm Cable Express	4:30-5:15pm Cable 45	1:15-2:00pm Cable 45	5:15-5:45pm Cable Express	5:00-5:30pm Cable Express		4:00-4:30pm Cable Express
	2:00-2:15pm Core Express	7:30-8:00pm Cable Express	3:45-4:15pm Cable Express	7:30-8:00pm Cable Express			5:00-5:30pm Cable Express
	4:30-5:15pm Cable 45		4:30-5:15pm Cable 45				
	5:30-6:15pm Cable 45		6:30-7:00pm Cable Express				
	6:45-7:30pm Closed for Program		7:30-8:00pm Cable Express				