September 2021 Group Fitness & Aquatics Schedule

Reservations are required for all Aquatics offerings. Please click here to make your reservation and hold your spot in the pool.

Reservations are required for all Zoom Group Exercise Classes. Please click here to make your reservation and receive the Zoom link. At this time, reservations are not required for in-person Group Exercise Classes or use of the Fitness Center which is open from 6:30 am to 9 pm Monday - Friday and 8 am to 5 pm on Saturday and Sunday.

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30 am- 7:00 am Masters Swim		5:30am- 7:00am Masters Swim		5:30am- 7:00am Masters Swim		
6:30 AM		6:30 am - 7:30 am Vinyasa (Flow) Yoga Ann Marie Dance Studio					
7:00 AM	7:15 am- 8:00 am Lap Swim	7:15 am- 8:00 am Lap Swim	7:15am- 8:00am Lap Swim	7:15am- 8:00am Lap Swim	7:15am- 8:00am Lap Swim		
8:00 AM	8:15 am- 9:00 am Lap Swim	8:15 am- 9:00 am Lap Swim; 8:00 am- 9:00 am Cardio Stength Sue Group Fitness and Zoom	8:15am- 9:00am Lap Swim; 8:00am- 8:45am Weight & Core Wendy R. Zoom; 8:00am- 9:00am Kettle Bell Sue Group Fitness Studio and Zoom	8:15am- 9:00am Lap Swim; 8:00am- 9:00am TABATA HITT Body weight Sue Group Fitness and Zoom	8:15am- 9:00am Lap Swim; 8:00am- 8:45am Strength with Dumbells Sue Group Fitness Studio and Zoom; 8:00am- 9:00am Spin Caroline Spin Studio		
9:00 AM	9:15 am- 10:00 am Lap Swim; 9:15 am- 10:00 am Balance & Strength Wendy R. Group Fitness and Zoom	9:15 am- 10:00 am Lap Swim	9:15am- 10:00am Lap Swim; 9:00am- 9:45am Barre Wendy R. Zoom; 9:00am- 10:00am Spin & Sculpt Caroline Spin Studio	9:15am- 10:00am Lap Swim; 9:00am- 9:45am Barre Francesca Zoom; 9:45am- 10:30am Senior Stretch Wendy R. Zoom	9:15am- 10:00am Lap Swim; 9:15am- 10:00am Barre & Core Wendy R. Zoom	9:00am- 10:00am Yoga. Ann Marie Dance Studio and Zoom; 9:00am- 10:00am Body Weight TABATA Sue Group Fitness Studio and Zoom	9:00am- 10:00am Lap Swim and Family Swim; 9:00am- 10:00am Kettle Bells Sue Zoom
10:00 AM	10:15 am- 11:00 am Lap Swim; 9:30 am- 11:30 am Pickle Ball Open Play Gym	10:15 am- 11:00 am Lap Swim; 10:00 am- 11:30 am Adult Ballet Cynthia Dance Studio	10:15am- 11:00am Lap Swim; 10:00am- 11:30am Adult Ballet. Cynthia Dance Studio	10:15am- 11:00am Lap Swim	10:15am- 11:00am Lap Swim; 10:15am- 11:30 Adult Ballet Cynthia Dance Studio; 9:30am- 11:30am Pickle Ball Open Play Gym		10:00am- 11:00am Lap Swim and Family Swim; 10:00am- 11:00am Spin Sue or Shelley Spin Studio
11:00 AM	11:15 am- 12:00 am Lap Swim; 11:15am- 12:00pm Aqua Fit Wendy R.; 11:00 am- 12:00 pm Boutelle Mary & Tracey Zoom	11:15 am- 12:00 pm Lap Swim	11:15am- 12:00pm Lap Swim	11:15am- 12:00pm Lap Swim; 11:15am- 12:00pm Aqua Fit. Wendy R.; 11:00am- 12:00pm Boutelle Mary & Tracey Zoom	11:15am- 12:00pm Lap Swim		11:00am- 12:00pm Lap Swim and Family Swim
12:00 PM	12:15 pm- 1:00 pm Lap Swim	12:15 pm- 1:00 pm Lap Swim; 12:00pm- 12:45pm Seniorcize Wendy R. Zoom	12:15pm- 1:00pm Lap Swim; 12:00pm- 12:45pm Aqua Fit. Wendy R.	12:15pm- 1:00pm Lap Swim	12:15pm- 1:00pm Lap Swim; 12:00pm- 12:45pm Tai Chi Wendy M. Group Fitness Studio	12:15pm- 1:00pm Lap Swim and Family Swim	12:00pm- 1:00pm Lap Swim and Family Swim
1:00 PM	1:15 pm- 2:00 pm Lap Swim; 1:00 pm- 2:00 pm Core Strength & Balance Shree Group Fitness Studio	1:15 pm- 2:00 pm Lap Swim; 1:00pm- 2:00pm Pilates Wendy R. Zoom; 1:00pm- 2:00pm Senior Strength Garrett Group Fitness Studio	1:15pm- 2:00pm Lap Swim; 1:00pm- 2:00pm Stretch & Restore Shree Group Fitness Studio	1:15pm- 2:00pm Lap Swim; 1:15pm- 2:00pm Aqua Fit. Wendy R.	1:15pm- 2:00pm Lap Swim	1:15pm- 2:00pm Lap Swim and Family Swim	1:00pm- 2:00pm Lap Swim and Family Swim
2:00 PM	2:15 pm- 3:00 pm Lap Swim	2:15 pm- 3:00 pm Lap Swim	2:15pm- 3:00pm Lap Swim	2:15pm- 3:00pm Lap Swim	2:15pm- 3:00pm Lap Swim	2:15pm- 3:00pm Lap Swim and Family Swim	2:00pm- 3:00pm Lap Swim and Family Swim
3:00 PM						3:15pm- 4:00pm Lap Swim and Family Swim	3:00pm- 4:00pm Lap Swim and Family Swim
6:30 PM	6:30 pm- 9:30 pm Badminton Open Play Gym		6:30pm- 9:30pm Badminton Open Play Gym		6:30pm- 9:30pm Badminton Open Play Gym	Aquatics; Fitness	Dance Stretch & Yoga; Racquet Sports