

# October 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																
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 Kettlebell Sue Group Fitness Studio and Zoom	8:15am-9:00am Lap Swim	8:00am-9:00 am Strength with Dumbbells 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	9:30 am-11:30 am Pickle Ball Open Play Gym	11:00am-12:00pm Boutelle Mary & Tracey 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	9:30am-11:30am Pickle Ball Open Play Gym	9:00am-10:00am Yoga Ann Marie Dance Studio and Zoom	9:00am-10:00am TABATA Sue Group Fitness Studio and Zoom	9:00am-10:00am Lap Swim and Family Swim	9:00am-10:00am Kettlebell Sue Zoom	
10:00 AM	10:15 am-11:00 am Lap Swim				10:15 am-11:00 am Lap Swim					10:15am-11:00am Lap Swim				10:15am-11:00am Lap Swim			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.			11:15 am-12:00 pm Lap Swim	10:00am-11:30am Adult Ballet. Cynthia Dance Studio				11:15am-12:00pm Lap Swim	10:00am-11:30am Adult Ballet. Cynthia Dance Studio			11:15am-12:00pm Lap Swim	11:00am-12:00pm Boutelle Mary & Tracey Zoom		11:15am-12:00pm Lap Swim			11:00am-12:00pm Lap Swim and Family 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	12:15pm-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		